

THE AMERICAN LEGION

July/August 1983

For God and Country



RETIREMENT: The Best Years?

William F. Sparks
8-83

Report From
Seattle
page 22

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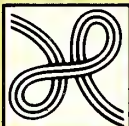
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THE AMERICAN LEGION

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About our authors...

"How Dreams Work For You" was written by New Jersey-based freelance **Roberta Roesch**, who believes our dreams can tell us a lot about ourselves.

Prolific freelancer and frequent con-

tributor **Vernon Pizer** says he hopes his article "Retirement: Spring Of Hope, Or Winter Of Despair?" doesn't hold any personal subliminal message.

Husband-wife reporting team **Inger Krogh** and **James N. Sites** took naturally to the Scandinavian-USSR re-

search challenge involved in their article "Norway," as Mrs. Sites is a native of that country.

Cover: Florida artist **William F. Sparks** captures one aspect of the fun and serenity a well-planned retirement can offer.

THE AMERICAN LEGION/OCTOBER 1983

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Letters

Taiwan

• As a farmer's wife I read with special interest "Taiwan: Island Fortress of Freedom" (August). While well-written and factual, I feel the article failed to cover the complete story. Our main crop is rice and our production costs are more than we receive when sold on the world market. On the other hand, in Taiwan a large subsidy is paid to rice farmers, which last year allowed the government to accumulate a surplus of over 12 million tons. Taiwan then sells this rice to other nations at prices far below the current world market price. Some nations that formerly purchased rice for \$375 per ton now are contracting with Taiwan for \$215 per ton, thus eliminating the U.S. rice farmer who has a surplus and fewer export markets.

MRS. RALPH LUEBKE
Stuttgart, Ark.

• I agree with this article to the extent, as stated, "the United States must never abandon this island . . ." but, "fortress of freedom" is incorrect. Taiwan has been under a state of martial law for over 30 years.

JAY REINARZ, JR.
Omaha, Neb.

Highways

• You should be commended, for the most part, for publishing "America's Decaying Highways" (August). However, there are two points with which I strongly disagree. First, it is stated that most highway damage is caused by heavy trucks, a commonly held view not supported by independent research. Reports from government and private research groups conclude the following: (a) weather is the most significant contributor to the severity of the pothole problem, (b) many sections of the system are reaching the 20-year design life and are wearing out on schedule, (c) damage due to factors other than loading is the real cause of premature pavement failure on the Interstate system in general.

My second point of disagreement is the treatment in the article of heavy truck taxes. Although the author acknowledges that trucks do pay much higher user fees than do automobiles, actual figures would have made the

point. The automobile in 1983 will pay about \$34 in taxes, while a heavy truck will pay \$1,746. In 1984, the automobile will pay \$60, while the heavy truck will pay \$3,973. And while the auto's share will remain at \$60 through 1986, the truck's share will continue rising . . . to \$4,249. The American Trucking Association had urged that truck taxes be raised to help rehabilitate the deteriorating roads. The subject of criticism is the manner in which the new taxes will be raised. The ATA and other motor carrier groups are supporting legislation that would collect more of the tax through a "diesel differential," whereby the tax would be applied at the pump, thus more accurately taxing the highway users. The trucking industry is vitally concerned about the condition of the nation's highways, and has long urged that truck taxes be increased to help pay for road maintenance.

DONALD E. TEPPER
Regular Common
Carrier Conference
Washington, D. C.

• To save our highways the 18-wheelers must go! A crash program for design of cargo containers that can be easily transferred from freight cars to flatbed trucks and trailers would be a solution, or more fuel-efficient trucks with a 3-axle limit of 15,000 lbs. per axle. Such a program would provide many jobs in the industry and aid the highways. A 10-year program for existing trucks to amortize their investment would be a tough decision to make, but it must be made now. Biting the bullet and facing the facts will save the highways, create more jobs and promote the prosperity of the nation.

JACK T. REID
Grand Junction, Colo.

Scientific Search

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N. CHASTON
Society for Army
Historical Research
Reading, Berks, England

Letters published do not necessarily express the policy of The American Legion. We reserve the right to both edit and select letters for publication.

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Keith A. Kreul

The American Legion Magazine
Editorial & Advertising Offices
700 North Pennsylvania St.
P.O. Box 1055
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Publisher
Dean B. Nelson
Assistant Publisher/Editor
Daniel S. Wheeler
Assistant Editor
Grail S. Hanford
Associate Editor
Kathleen Whitehead
Staff Writer
Ward Beckham
Art Editor
James A. Chaney
Production Manager
Dwight Lamb

Advertising Sales
Robert Redden Assoc., Inc.
P.O. Box 999, Teaneck, NJ 07666
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45-54	26,400	23,760	21,120	18,480	15,840	13,200	10,560	7,920	5,280	2,640
55-59	14,400	12,960	11,520	10,080	8,640	7,200	5,760	4,320	2,880	1,440
60-64	9,600	8,640	7,680	6,720	5,760	4,800	3,840	2,880	1,920	960
65-69	6,000	5,400	4,800	4,200	3,600	3,000	2,400	1,800	1,200	600
70-74*	3,960	3,564	3,168	2,772	2,376	1,980	1,584	1,188	792	396
75*-Over	3,000	2,700	2,400	2,100	1,800	1,500	1,200	900	600	300
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The Company may also release information in its file to its reinsurers and to other life insurance companies to which you may apply for life or health insurance, or to which a claim is submitted.

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ACKNOWLEDGEMENT AND AUTHORIZATION

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Dated _____, 19____ Signature of Applicant _____

☐ I apply for additional Legion Life Insurance. My present certificate number is _____

Big Issues

Should The U.S. Have

Direct Popular Election Of The President?



Sen. David H.
Pryor,
D-Ark.

Yes. Our country stands for equality and for "one man, one vote," yet under the Electoral College system all votes are not equal. It is now time to adopt an amendment to the Constitution providing for the direct popular election of the president and vice president. Unless action is taken, in November 1984 we will again have chosen the leaders of this country not by popular vote of the people, but by an antiquated system

that was devised to suit the needs of a very different nation almost 200 years ago.

There are many reasons why the Electoral College system is not equitable and does not provide our country with the best selection method for our two highest national officials:

- The present Electoral College system can elect a president who has fewer popular votes than his opponent. This controversial result has happened three times in our nation's history.

- The entire electoral vote of a state is awarded to the winner of the popular vote, whether the margin of victory is one or 1 million votes.

- Because all the electoral votes of a state are cast for the winner of the popular vote, those votes that are cast for the losing candidate are in effect cancelled and credited to the winning candidate.

- Electoral votes assigned to each state remain the same regardless of voter turnout.

- Under the Electoral College system a candidate could be elected by winning the electoral vote in only the most populous states regardless of the outcome in the rest of the country.

- Because the number of a state's electoral votes is determined by its congressional allotment, there is a lag in the distribution of electoral votes since reapportionment occurs only once every decade, after the census is taken. Thus, a candidate could win an election with a combination of states in 1980 and then lose with the same combination in 1984.

Proposing an amendment to the Constitution is not an endeavor to be taken lightly, but rather when the issue is of the utmost importance. In 1787, when the framers of our Constitution reached the compromise of the Electoral College, they were seeking to provide the citizens of that time with the best available method of choosing a qualified executive. The difficulties encountered in the 18th century of adequately informing the public regarding candidates and political affairs no longer exist. Today, each of our citizens has the knowledge to make an informed judgment and cast his or her vote individually. In proposing the direct popular election of the president and vice president we are keeping with the intent of our founding fathers—to provide the country with the best method of election of our national leaders.



Sen. Strom
Thurmond,
R-S.C.

No. The major argument in support of the present electoral system for selecting the president is that it works. For nearly 200 years it has operated to transfer executive power from one president to another in an orderly and efficient manner. This is no small achievement in a world in which turmoil over government succession and electoral corruption has been the rule rather than the exception.

A major virtue of the present electoral system is that it places a premium upon presidential candidates who are able to secure broad popular support throughout the country. In order to be successful, a candidate must have a genuinely national outlook and give consideration to the interests and concerns of the people of each of the 50 states. Under a system of direct election it is easy to conceive of a candidate, popular in only a single region of the country, piling up huge majorities in that region, losing elsewhere and becoming an essentially "regional" president. That would be a far greater crisis for our system than anything that has occurred under the present Electoral College. For the people of one region to look upon a president of the United States as "their" president rather than "our" president would be a tragic situation.

The present electoral system is important in respecting the critical role of the states in our constitutional process (it provides for "direct election" within each of the 50 states). By undermining that role, I believe we will get presidential candidates who will be far less appreciative of the diversity of interests of the American people. I am in agreement with political author Theodore H. White that a system of direct election is likely to result in polarization of public opinion and endangerment of electoral minorities.

There are also practical problems in a system of direct election. Most such proposals require "run-off" presidential elections if a winning candidate fails to receive a specific percentage of the vote. This would provide enormous incentive for new parties to form to generate such "run-offs," thus putting these parties in a unique bargaining position between the regular and "run-off" elections. Our present party system would be replaced by one similar to that in certain European countries in which there are large numbers of contending parties, continual coalition governments because none can secure a majority, and an absence of political accountability.

Direct election would also require the establishment of a national election law to replace existing state laws, and would make the problem of electoral corruption and vote counting far more a national problem (rather than a localized problem as at present).

In short, I do not believe proponents of direct election have carried the burden of proof of demonstrating that their constitutional change would make this country a better place.

Dateline Washington

590 Million Aged By End Of Century

In hope of finding ways to provide adequate care for the elderly, representatives from 121 countries met last summer at the United Nations World Assembly on Aging to discuss this rapidly growing problem. Approximately 62 suggestions were made, according to Sen. Charles H. Percy, R-Ill., who has introduced a resolution that the U.N.'s proposals be implemented. The legislator feels the aging problem has begun to cause significant social and economic changes, which require immediate and long-term action.

The U.N. estimated that in 1950 there were approximately 200 million persons 60 years old and over throughout the world. By 1975 the figure totaled 350 million and is projected to hit 590 million in the year 2000. Thus 40 years from now, the elderly will constitute over 13 percent of the world's population.

Recommendations by the U.N., which Sen. Percy would like to see adopted, include: increased involvement of the aged in setting policies and programs for senior citizens, improved health care maintenance and national housing policies.

Life In Outer Space

If you prefer a life in outer space compared to one on earth, chances are you will live longer, but the continual weightlessness could cause severe loss in the use of major bones and muscles, according to researchers at the National Aeronautics and Space Administration (NASA).

It has been found that astronauts and cosmonauts experience changes common in aging while in space—an increase in blood pressure and a decrease in cardiac output, and a drop in grip strength. So far these symptoms have been reversible, but NASA researchers observe that the effect of spending years in space is as yet unknown.

Despite what appears to be logical evidence that zero gravity accelerates aging, scientists for the agency also speculate that growing older might actually be slowed by 10 to 15 percent because of a reduction in metabolism. Statistics released by NASA show that people who spend long periods in space can survive on less oxygen and food, while those who reside on earth must use one-third of their daily caloric intake to fight the effect of gravity.

Banning Junk Food In Schools

Junk food junkies may have a harder time feeding their habit during the school year if Sen. Claiborne Pell's, D-R.I., plan to amend the National School Lunch Act succeeds. Under the program, educational institutions, to receive federal subsidies, must offer low-fat as well as whole milk to students. Breads must be whole grain and meals must be low in salt, sugar and fat. The sale of soft drinks, candy and sweets would be strictly prohibited.

According to the Senator, 10 percent of the country's gross national product is spent on health care annually, and the United States ranks 10th in life expectancy and in infant mortality. Pell told the Senate that "we do not teach our children the importance of good nutrition and we do not set a good example in our dietary habits."

Sen. Pell's proposal is modeled after a school lunch program in Georgia, where all students are charged 83 cents for lunch. In other districts, elementary students pay 70 cents and those in high school pay 90 cents.

PEOPLE & QUOTES

Americans Are . . .—"They are what they are, but they are the only Americans we have." Former chancellor of Germany **Helmut Schmidt**.

Dream Of Red Square—"When I see that handful of demonstrators, I think to myself, 'Gosh, wouldn't it be wonderful to see them protesting in Red Square, Moscow.'" Vice Pres. **George Bush**.

Computer Literacy—"The computer is acquiring human literacy—the ability to communicate easily with us. At the same time, people are learning more about computers. So the two are naturally coming together . . ." **John Diebold**, editor, *The World of the Computer*.

War Worries—"The absence of a fatal inevitability of war does not in the least exclude its occurrence in the contemporary epoch." Marshal **Nikolai V. Ogarkov**, Chief of Staff, Soviet Armed Forces.

A Personal Life Is Vital—"You've got to have a personal life and a business life, and keep those as separate as you can. If you don't, you end up sacrificing all the things which were on your mind when you set out down the road to achieve your job." **Samuel Armacost**, chief executive, Bank of America.

Power Restraints—"With all the obvious flaws . . . we have not yet found a better way to preserve freedom than by making the exercise of power subject to the carefully crafted restraints spelled out in the Constitution." Supreme Court Chief Justice **Warren Burger**.

Education Debate Healthy—"It is healthy that the quality of education in America should become the focus of a national debate . . . our democratic process will be only as good as our educational system and our economy only as strong as our schools and colleges." Rep. **Nancy L. Johnson**, R-Conn.

Policy of Fear Negative—"I further believe that a policy of fear is ultimately detrimental to environmental goals . . . Reviling every change suggested in an environmental law as a 'rollback' or 'gutting' of the statute will, ironically, lead to an environment less protected than it could be . . ." **William D. Ruckelshaus**, administrator, EPA.

Lose Ideals, Grow Old—"It has been said that years alone are no adequate measure of the aging process. People grow old only by deserting their ideals, only as self-interest or despair bow the head and wrinkle the soul . . ." Sen. **Robert Dole**, R-Kan.

Reaching For Excellence—"There are those who would blame all the problems on federal aid to education, which is certainly a real stretch of the imagination; then there are those who would solve all of the problems facing public education through federal legislation and federal funding. Until excellence is again first demanded at home and then the parents demand it of the schools and are willing to pay for it, very little is going to change." Rep. **William F. Goodling**, R-Pa.

Dealing With Russia—"What we Americans need . . . is a better appreciation of the Soviet challenge and its historical roots, a better understanding of the tools (and not just military ones) for meeting it, and a consistent, publicly accepted strategy that can reduce the ups-and-downs that have been a feature of our approach to the Soviet Union since World War II . . ." American Ambassador to the Soviet Union **Arthur Hartman**.

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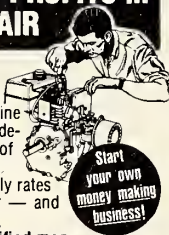
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News to Use

Changes Coming At Banks/Thriffs

This month your bank or thrift institution will post major changes in interest payments and likely offer you a broader range of services. Specifically:

1. All interest ceilings on certificates maturing from 32 days to 2½ years have been removed. In short, interest rates hereafter will be set more competitively than they now are.

2. Penalties for early withdrawal are eased. The current penalty of three months' loss of interest on accounts maturing within a year has been shortened to 31 days; for deposits of over a year, the decrease is from six months to 90 days.

3. By tying in with brokerage services, many banks and savings and loan institutions now will buy and sell securities on a discount basis, claiming they can save you up to 75 percent on commissions. Some offer margin accounts.

4. Sale of certain types of life insurance is a possibility. A few states already permit it, so the banks are pushing for an extension across the nation.

5. Meantime, the interest on passbook accounts remains as is: 5½ percent for thrift institutions, 5¼ percent for commercial banks. Ditto the ceiling on NOW accounts—5¼ percent.

Behind all this activity (more of which is to come) is federal deregulation, permitting banks to extend into new areas, while other types of financial institutions (investment houses, for instance) are starting to overlap with the banks. The upshot: Much more competition and the growth of "one-stop" financial "supermarkets."

Emergicenters Making Medical News

As medical costs continue to rise far faster than any other cost-of-living category, innovations to curb the mounting bills keep cropping up—lower priced dental and eye-care setups, health maintenance organizations, and so on. Now add this one: Emergency medical and surgical centers.

From a single experiment in Delaware eight years ago, the new "emergicenters" have grown like mushrooms. They now number from 500 to 1,000 (depending on whose estimate you accept), and still are sprouting dramatically.

Basically, the "freestanding" centers (so-called because they're not attached to a hospital) deliver on-the-spot medical care or perform minor surgery. Their attraction: No waiting (you don't have to make an appointment and are treated almost immediately); fees are said to range from 40 percent to 80 percent below those charged by hospitals; 12 to 16 hours of availability per day, and competent personnel. You must, however, pay immediately after treatment, via cash, check, or credit card (it's up to you to seek reimbursement from Medicare or your insurer).

Predictably, the rapid spread of the newcomers is making waves in the medical profession. For one thing, some hospitals are up in arms, claiming that patronage is being syphoned off their own emergency facilities (which contribute heavily to hospital income). For another, the American Medical Association (AMA) has devised a set of guidelines for centers involving hours of operation, equipment, personnel and record-keeping. In response, the National Association of Freestanding Emergency Centers (the newcomers' professional association) has filed a complaint against the AMA with the Federal Trade Commission, charging unreasonable restraint of trade.

Now A Word About CB's And Cars

New CB Rules: If you have a CB, or are thinking about buying one, forget about the bother of getting a license from the Federal Communications Commission. You no longer need one to operate it in the United States. However, you still must observe the rules governing power and proper frequency. Also, the big rush to buy CBs has subsided somewhat, so look for bargains.

Car Costs: If you're driving an aging car—as most people are (the average now tops seven years)—there's one consolation: It costs less to operate. In fact, figures compiled by a leading car rental agency indicate that driving costs (around 36¢ a mile) recently have shown virtually no upturn, held down by lower depreciation as well as lower fuel costs.

By Edgar A. Grunwald

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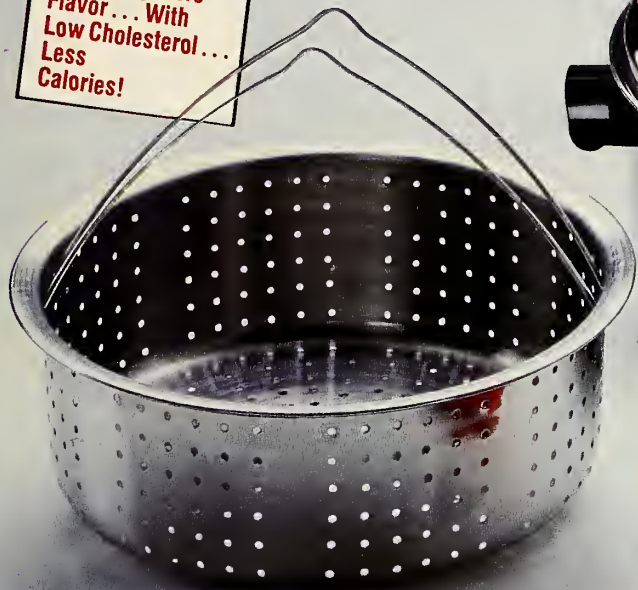
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Retirement: Spring Of

By Vernon Pizer

"Retirement can be the best of times or it can be the worst of times. For too many people it becomes the worst of times. What is especially sad is that very often it would have turned out differently if the right decisions had been made at the right time," observes Cyril F. Brickfield, executive director of the 14 million-member American Association of Retired Persons.

Clifton W. Fichtner, an AARP official recognized nationally for his expertise in retirement counseling, shakes his head in bafflement as he muses, "The thing that always amazes me is that most people will spend more time sweating out arrangements for their two-week vacation than they will for all of the years, the good Lord willing, that they will be spending in retirement. It just doesn't add up."

Dr. William G. Bell, director of Florida State University's Multidisciplinary Center on Gerontology, and a member of the prestigious National Academy of Science's Committee on an Aging Society, puts it this way: "People have an unfortunate tendency to drift into retirement without getting an early enough start on creating the conditions that will be most favorable to them. They do themselves a serious, even a tragic disservice if they wait until they are within hailing distance of retirement eligibility to do their serious planning. By then it is too late to begin."

The first thing to understand is that the rules of the game have undergone a drastic change in the past dozen years. Traditional concepts and traditional assumptions are no longer valid. Where once the retirement years were reckoned as a relatively brief interlude in the twilight of one's life, now modern medical science holds back the setting sun so that the shadows are dramatically later in arriving. Many today may anticipate retiring at an earlier age than their parents did, but all can reasonably expect retirement to be of much longer duration—baring accident, abuse or neglect. In lit-

Traditional concepts and assumptions are no longer valid



Joint planning helps couples ensure a better, happier retirement.

tle more than a decade the life span of the average American has been extended by nearly five years and the trend continues. Dr. Robert Butler, former director of the National Institute on Aging, foresees not only greater gains in life expectancy, but also anticipates significant strides in delaying the aging process so that the later years of life will become more active than ever before.

As Cy Brickfield sees it: "We have to stop thinking of retirement as synonymous with old age and old age as synonymous with simply a pause at the end of the human calendar. In fact, we ought to drop 'old age' entirely from our vocabulary because it has lost real meaning. Instead, we should divide the life span of humans into youth, middle age and the 'third age,' with the third age and the retirement years coinciding."

It is when one thinks of the retirement years in Brickfield's terms—as the third age, a period with the potential to extend for perhaps as much as one-third of a lifetime—that the inescapable need to plan astutely for those years strikes home. And because retirement commonly implies going off

someone's payroll, creation of sound underpinnings for your third age becomes a paramount consideration of the planning process.

"Money," replies Dr. Bell without hesitation, when asked for the concern expressed most often by those contemplating retirement. "More than any other single factor, how to assure themselves of financial security is uppermost in their minds. It is the thing they think of first."

Fichtner agrees. "It is easy enough to see why. Suppose you have no outstanding debts, a reasonable cushion in the bank to take care of the unexpected, and a predictable retirement income of \$15,000 a year, enough to comfortably support your quiet, conservative lifestyle without penny-pinching. It looks as if you're in good shape, doesn't it? However, the truth is that you are headed for trouble. You have to allow for that inescapable fact of modern life: inflation. Forget the double digits that have been so common and simply look at the way that just 7 percent inflation knocks the financial feet from under you. In only 10 years at 7 percent inflation you will need \$29,507 to maintain the lifestyle that cost you \$15,000 today." (Fichtner could have added that if your annual income were to remain level at \$15,000, in just 10 years of 7 percent inflation it would have shrunk to only \$7,260 in actual purchasing power.)

There was a time not too long ago when fashioning a financial program was a fairly simple matter. It usually meant making regular deposits in the bank, paying off the mortgage, keeping adequate insurance in force and, perhaps, using extra funds to accumulate some stock or real estate. Not anymore. Congressional initiatives have created new financial opportunities at the same time that banking and insurance institutions, stock brokers and real estate agencies have devised innovative investment techniques and opportunities. There is a whole new financial vocabulary ranging from IRAs and Keogh Plans to REITs and tax shelters, from CDs to balloon notes and wrap-a-round mortgages. But un-

Hope, Or Winter Of Despair?

like stretch socks that conform to any foot, there is no single, all-purpose financial strategy that suits everyone's circumstances. So each individual must seek the best available advice from library sources, from relevant agencies and from financial counselors, evaluating everything painstakingly, comparing one expert's advice with another's, while recognizing the vested interest some may have in the advice they put forward. Ulti-

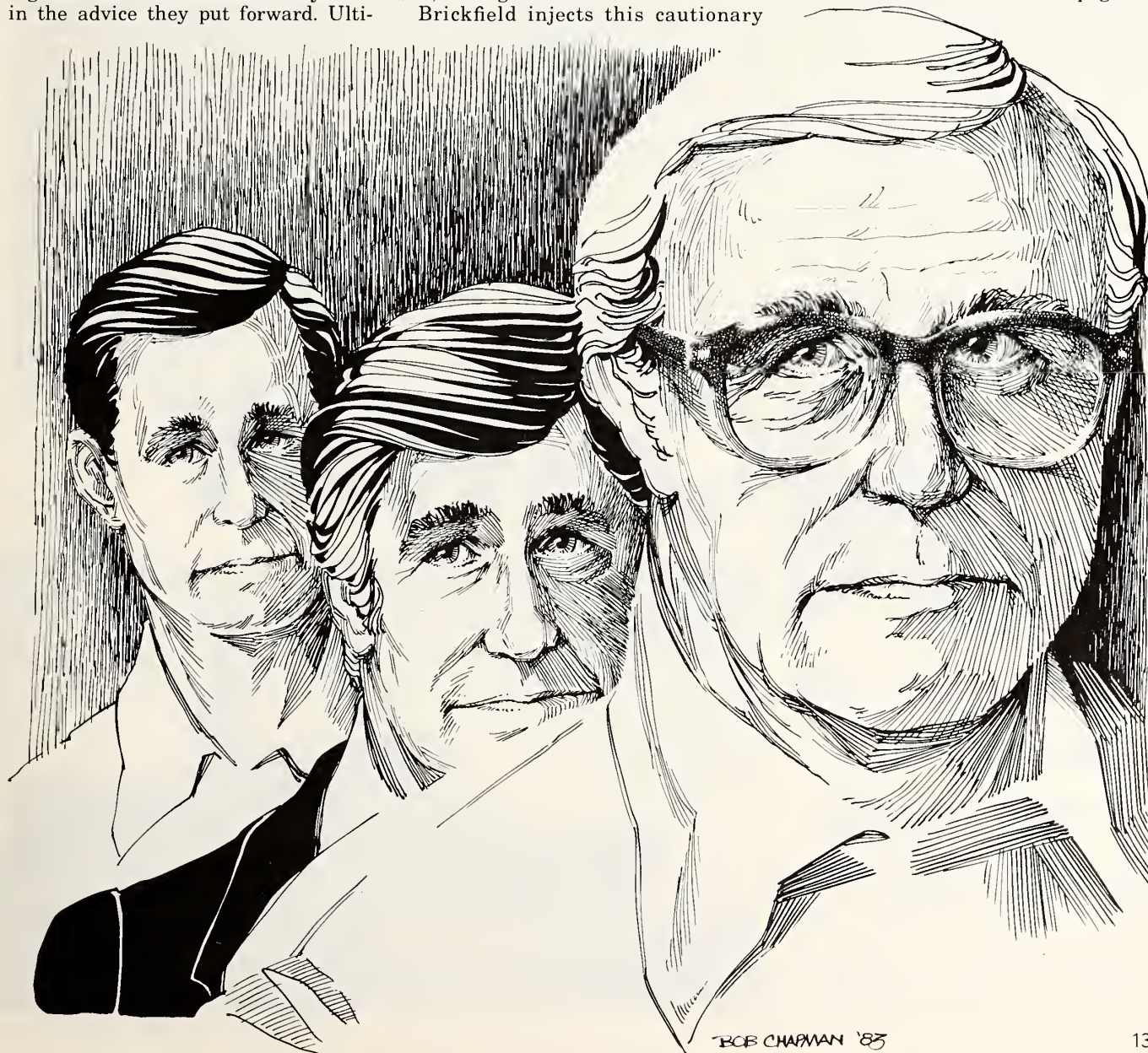
mately the suitable financial strategy will take shape.

"Making the decisions and placing them into effect early enables you to benefit from the multiplier effect of compounding and from the capacity of inflation to swell your assets," Fichtner says. "It is the only sensible way to position yourself to prevent the \$15,000 dream from becoming a \$29,000 nightmare."

Brickfield injects this cautionary

note: "In shaping your financial plans don't be suckered in to relying too heavily on the pension plan that may be in effect in the company you work for. Today there are some 500,000 company pension plans in being in the United States and about 450,000 of them are not worth the powder to blow them to hell. Those are the plans that may pay somewhere from \$65 to \$125

(Continued on page 56)



A new Norwegian F-16 Fighting Falcon keeps a watchful eye on a Soviet Backfire bomber cruising off the Norway coast.

**By Inger Krogh
& James N. Sites**

Growing Soviet military forces along its Arctic frontier, combined with rising internal turmoil from leftists, appeasers and pacifists, has put a key member of the Western Alliance squarely on the spot. How long can Norway, our northern defense anchor, hold under this high-pressure tug-of-war?

Authorities in Norway describe one of the overriding defense facts facing the United States and the Free World today in these terms: The rapid, sustained buildup of Soviet nuclear missile-equipped forces in the far north Kola Peninsula area around Murmansk is "the most awesome concentration of destructive power the world has ever seen. . . ."

Based there is the Soviet northern fleet, estimated by Western intelligence sources at more than 500 surface vessels and 195 submarines—45 of which account for two-thirds of all of the Soviet's sub-launched atomic missiles. Bombers and fighters operating out of numerous airfields, together with supporting ground forces, complete the deadly picture.

Still more cause for concern has come in the development at the Severodvinsk shipyards near Archangel of the Soviet's new Typhoon-



class ballistic missile submarine—a 30,000-ton giant with incredible killing power. Two Typhoons have now been launched and more are on the way.

Direct evidence of this growing Soviet power complex emerges in frequent submarine sightings in Norwegian coastal waters. Submarine searches this year in the Hardangerfjord area between Bergen and the North Sea oil center of Stavanger triggered a national sensation, echoing earlier Swedish alarm when a Soviet "Whisky Class" sub armed with atomic torpedoes got stuck on the rocks near Stockholm.

Why this Russian military buildup in such a forbidding part of the world?

The Soviet Union appears to have little choice if it is to achieve the sea-power superiority regarded as essential to Communist plans for world domination. Its Baltic fleet is vulnerable to closing of sea-access lanes around Denmark. Its Black Sea fleet faces a similar bottleneck at Turkey's

Bosphorus. And its Pacific fleet has both weather and access problems at Vladivostok and other Siberian ports. Only Kola Peninsula, its polar channels kept ice-free the year-round by the Gulf Stream, gives open access to the world's oceans.

The fly in this Soviet strategy borscht, however, is Norway.

A vital member of the North Atlantic Treaty Organization, this picturesque land of fjords, midnight sun and North Sea oil riches fronts for 1,000 miles along the routes that Soviet vessels must take to reach the essential North Atlantic supply lines running between the United States and the center stage East-West confrontation arena of Germany. Equally alarming from the Kremlin's point of view, Norwegian airfields are only a few minutes flying time from Kola.

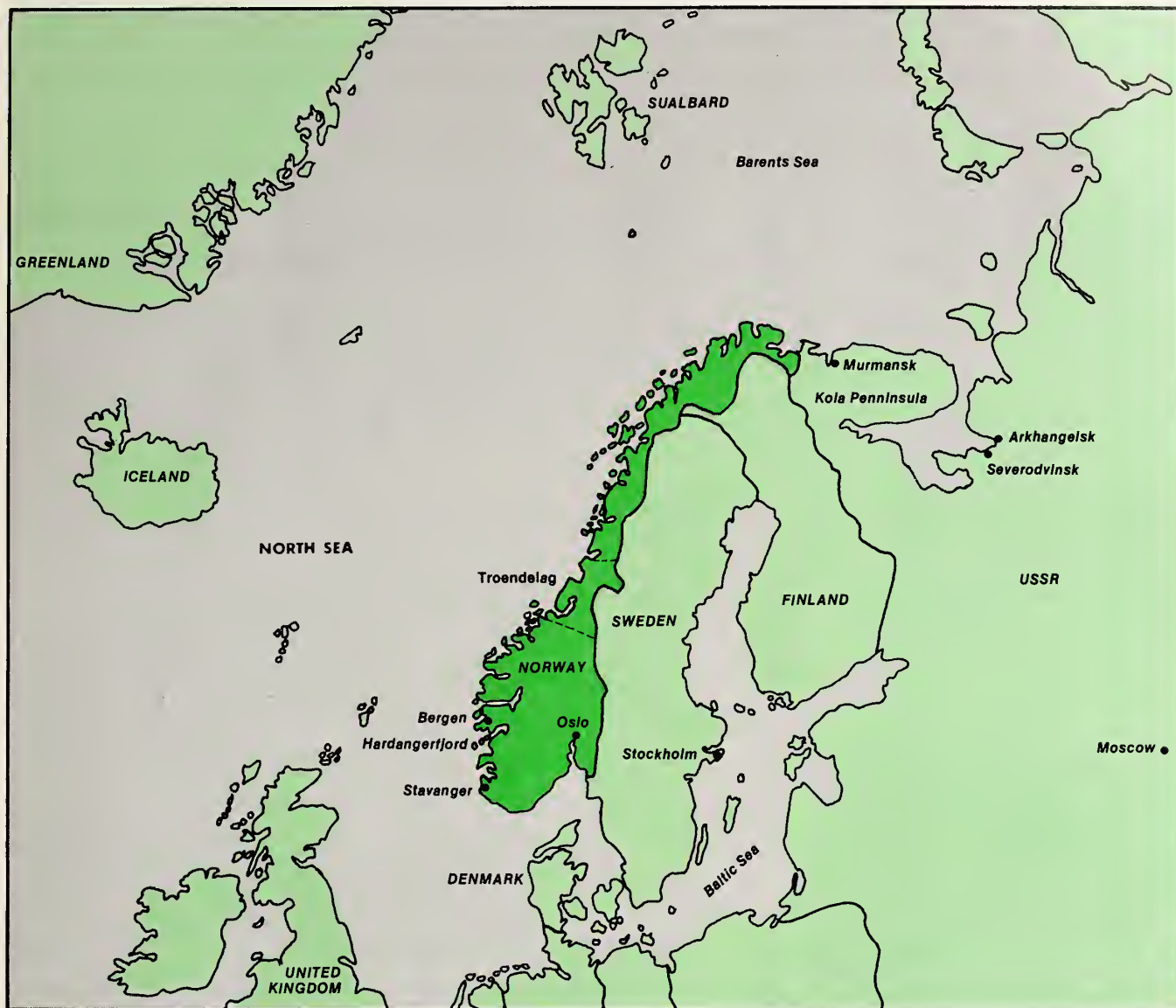
Our ambassador to Norway, Mark Evans Austad—during a recent interview for this article—further emphasized the strategic significance of Norway by pointing out that whoever

NORWAY

**Which way will
Norway fall
in this global
tug-of-war?**

Cold, rough seas hamper Arctic patrolling operations for this Norwegian coast guard cutter.





controls this Scandinavian country also controls a sizeable portion of the Atlantic's strategic sea lanes and, hence, much of the access to the Free World.

This strategic imperative is also behind the grueling ideological warfare being waged here between Soviet Communism and the forces of freedom. This takes the form of peace parades, the picketing of allied airfields and military bases, occasional moves to force Norway out of NATO, rising demands for unilateral disarmament and a Scandinavian nuclear-free zone, and fringe-group denunciations of the United States as an "enemy of peace."

The target of this psychological contention is the hearts and minds of Norway's 4.1 million people. Few believe that Russian propaganda could ever hope to win over this democratic and traditionally pro-American nation, yet neutralist sentiment is strong. And if the Communists could ever achieve even a neutralized Norway on NATO's northern flank, they

would have won a stunning victory—one from which the Free World might never recover.

It was this textbook case of Cold War confrontation, with all it means to America and the survival of human freedom, that drew this reporting team to Norway recently. We set out to talk with government and military officials, private leaders and ordinary citizens to get concrete answers to such basic questions as:

- What does Norway really mean to us in terms of defense?
- How well is the nation holding up in face of Communist subversion and pacifist pressures?
- Where is this war of wills heading?

A foremost finding was, perhaps, the most obvious: it is difficult for Americans to realize what it's like for a small population with limited defenses to live side by side with the menacing Russian Bear. Yet, you begin to get the idea from this kind of down home

(Continued on page 60)

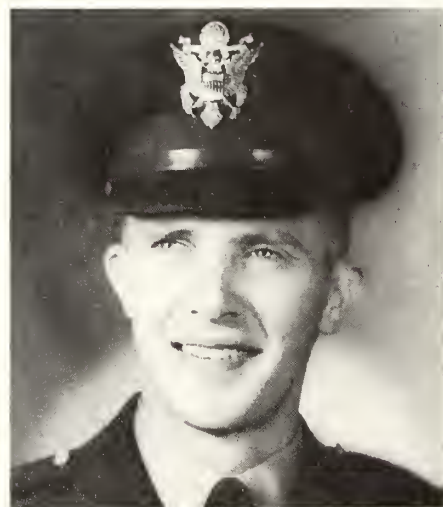


Introducing

Keith A. Kreul Of Fennimore, Wisconsin



65th National Convention in Seattle elects a new National Commander



A Korean War veteran, Cdr. Kreul was an officer in the Ordnance Corps.

Newly elected National Commander Keith A. Kreul told nearly 3,000 65th National Convention delegates in the Seattle Center that The American Legion as well as our nation "was built on dreams and high ideals. Dreaming is fine," Kreul said, "but the time comes when you have to consider where you are actually going and just how you plan to get there. And we have arrived at that time."

Emphasizing that the Legion is facing great challenges in the decade of the 80s, the first Legion chief ever to come from Wisconsin saluted the organization's Bluecap volunteers: "I want to make it crystal clear that The American Legion would not be where it is today—as successful as it is today—without the volunteer efforts of you Bluecap Legionnaires who have propelled us through almost two thirds of this century."

"It is the Bluecap—with a dedication and zeal unmatched at the grass-roots level—who has created and kept alive the dynamic programs for which we are known. It is you, the Bluecap Legionnaire and your families, who are the lifeblood of our great organization."

Cdr. Kreul then stressed the importance of community service through a worldwide network of volunteer workers, and he thanked those in attendance for their loyal devotion to the principles and ideals of the Legion. "The American Legion is a framework," he said. "It is a structure through which the actions and successes of the individual can be enjoyed by the whole. Without the enthusiasm of each and every Legionnaire, there would be no energy . . . there would be no power . . . to fuel the organization."

"But we have the energy. We have the power. And we are marching forward," he said to the applause of placard waving and cheering delegates and visitors.

Born in Mount Ida Township, Grant County, Wisconsin (not far from his current Fennimore home), Cdr. Kreul has been aware of and a part of the voluntarism of the Legion for all of his 55 years. Harry L. Kreul, the commander's father, was active in community affairs and a founder of

Whitish-Funk Post 184 in Fennimore. Dedicated and respected members of the community, Harry and his wife, Elsie, owned and operated the farm on which Keith and his three brothers were born.

Now deceased, the elder Kreuls instilled in the commander "the worth of a good education, industriousness and integrity. My grade-school years were spent in a small farming community with humble surroundings," Cdr. Kreul recalled. "We even had the proverbial country schoolhouse—now part of a consolidated school system—with teachers who stressed patriotism, hard work and community loyalty. I think today we try to bury our children in toys rather than take the time to teach them values—values that will sustain them long after toys have been forgotten."

This sense of patriotism, integrity and willingness to work hard for those things worth having have served the residents of Fennimore well. Today that Midwest farming community is a thriving town of 2,100 and is beginning to attract industry other than that related to agriculture. Still, Fennimore manages to maintain a small-town America atmosphere. "I think that's because our people enjoy working together and trying to solve their own problems," Cdr. Kreul said. "They know the importance of community spirit and they bring a natural enthusiasm to every community project. They care about each other."

And it shows. It was this very type of civic-mindedness and concern for others that enabled Post 184, under the leadership of then-Post Cdr. Kreul, to raise funds to build the Good Samaritan Senior Citizen Home in Fennimore. Established in 1967, the facility is a well-kept domicile for the aged. Indicative of Post 184's continuing interest in the project, Cdr. Kreul still serves as a member of the home's advisory board.

The commander's volunteer work, however, is not limited to this one project. As was his father before him, Kreul is a board member of the Fennimore Telephone Company, and has served on the board of the Fennimore

(Continued on page 34)



By Roberta Roesch

When Elias Howe, the American inventor, was devising his sewing machine, he couldn't determine where to place the eye of the needle. He experimented with various locations, but nothing seemed to work until one night he had a dream in which he was captured by savages and told that if, within a short time, he did not invent a machine that would sew, he would be killed by their spears.

The zero hour came in Howe's dream. But while the savages approached him with spears, Howe noticed, despite his terror, that the spears had eye-shaped holes at their tips. On waking he realized his problem was solved—and he quickly perfected his sewing machine by placing the eye of the needle at the bottom near the point.

Currently, researchers are giving great credence to the power of dreams such as Howe's, and dream specialists believe we can use our dreams to solve personal and professional problems. They feel that our emotional state influences what we dream and that, in turn, what we dream affects our performance and functions on the following day. They also say that it's possible to understand and control some aspects of our dreams and translate our dream experiences into our daily lives so that they benefit us.

"As many psychologists, psychiatrists and students of dreaming have found, our inner self sees our life and problems more clearly, more objectively and from a broader perspective than we usually do while awake," notes Gayle Delaney, Ph.D., a San Francisco clinical psychologist, dream specialist and author of *Living Your Dreams* (Harper & Row, New York).

"Dreams are a useful tool in our search for wholeness," adds Ruth E. Wolter, a New Jersey dream counselor and director of Counseling for Creative Living. "They present an accurate picture of some of our daytime conflicts and point out what needs to be looked at and worked on."

In one dream, for example, the president of a small-town bank who had taken over from his father was driving along in a yellow sports car, happy to be away from the bank and at the wheel of his car. But in the midst of his delight the person riding with him criticized his driving, and his pleasure started to wane. Later it diminished

How Dreams Work For You

Harness the power of your dreams to enrich your life



even more when the passenger pulled out a portable bar and suggested they make a drink. "Oh, no!" the dreamer thought to himself, "I'm afraid we'll be seen by my father!"

"This fear of what the father would say or think gives this dreamer a clear picture of where he's *at* in his life," explains Ms. Wolter. "Often a car represents our body or our personality, and from this viewpoint the dreamer is doing just fine in his perky yellow sports car. But in his dreams someone always spoils his fun, so he must understand that he's letting others take control of his life. The negative voices in his dreams are things he has to deal with in order to be more assertive in his waking hours."

"When you have a dream with a car in it, it's always important to note who the driver is," stated California psychologist and dream expert Patricia Garfield, Ph.D., in a recent television interview. "Are you at the steering wheel or is somebody else? It could be a spoiled, willful child, in which case you're saying to yourself 'The childish part of me is in control.' Notice where the car is going, too. Is it uphill, downhill or off a cliff? All these things represent what's happening in our life situations."

The current interest in the role of dreams began attracting researchers in America during the 1950s. But in the history of the world there have been many theories on dreams. As far back as 4,000 years ago an Egyptian Pharaoh wrote about interpreting dreams. Hippocrates related dreams to ailments, and many Greeks practiced a form of dream control.

Early in this century, Sigmund Freud, the Austrian psychiatrist, said dreams symbolized wishes repressed in the unconscious and fulfilled in disguised form in the dream. Subsequently the Swiss psychiatrist, Carl Jung, saw dreams as an expression of the psyche's urge toward psychological integration.

In this country, certain American Indian tribes hoped to dream of a

guardian spirit who would help them through their dilemmas. Other tribes fasted in tree houses until they had a dream that showed them as the triumphant winners in future wars. Still other tribes made dreamers act out hostile or sexual fantasies to relieve tensions and improve relationships.

The Senoi tribe in the wilds of Malaysia practices what is known as "confronting and conquering" dreams. When their children relate a night vision in which they've been chased by an animal, the children are told that if they have the dream again, they must stand and face the beast so it will see that they are not afraid. If the animal continues to threaten them, the children are encouraged to fight it in the dream until some form of help comes.

A dream is a welling-up of creative energy within a human being.

Interestingly enough, anthropologists attribute the Senoi's emotional stability to the attention they pay to dreaming.

Dreams are part of the drive to grow that's innate in each person and, according to the experts, we dream because it's our very nature. "A dream is a welling-up of creative energy from within a human being," declares Michael A. Daddio, director of Dream Dynamics Institute, an international network of dream centers headquartered in Huntington, N.Y. "It's first purpose is to be a life-giving force."

As part of this life-giving force, dreams can be beneficial in providing helpful messages that tell us about ourselves and the unresolved issues of our lives. For instance, when we have a dream in which we're extremely anxious, we're often going through a time of stress, insecurity or depression. When we realize that dreams let us

know what we've been through emotionally, show us our true feelings and give us clues to what's happening (or what we want or don't want to happen) in our lives, we can use our dreams to untie emotional knots and build a stronger personality.

In addition, research indicates that as we learn how to understand our dreams, they can offer cues for self-development and better personal relationships, furnish decision-making data, help solve problems, bolster learning and memory, increase productivity and, occasionally, forecast future events. Sometimes a dream seems related to daily life. At other times it will appear to be unrelated. "But no matter how frightening or distressing it may be at the time, every dream is a message to ourselves," says Dr. Garfield. "They're the movies of your mind," adds Dr. Delaney.

Several experiments have shown that what we see or do before bedtime can influence our dreams. So can alcohol, drugs and sleeping pills. Usually we have four or five dreams a night, though most are forgotten quickly. Our first dreams last a scant few minutes. But our last one can go on for nearly an hour, and this is the one we're most apt to remember.

All of the symbols and people in our dreams represent part of us, and the characters show sides of our personality that are struggling against one another. The late Fritz Perls, a Manhattan psychiatrist, had a useful way of explaining this. "He called dream characters top dogs and underdogs," said Ms. Wolter. "Both tell us what changes we need to make in our waking hours behavior. Top dogs rant and rave and try to lord it over us. They're like parental voices or things from the past that we can't let go of. Underdogs whine and cry. They pinpoint the un-integrated parts of ourselves that need to be included to make our personalities whole."

As a perfect example of this, a certain high school superintendent, with

(Continued on page 50)



Veterans' Update

Student veterans using their VA education benefits to defray the costs of attending school may sustain delays of two months or more in the receipt of benefit checks beginning with the second semester of school this year. In its efforts to prevent overpayments to students, which total over \$400 million, VA has issued new regulations requiring schools to recertify students' attendance after each term of enrollment. The Legion has no objection to VA's efforts to both recoup and prevent further overpayments. However, the new regulations could be adjusted to avoid hardship to students without interfering with VA's preventative intentions.

Currently, students may receive advance checks for school if there has been a lapse of 30 days or more in school attendance. This generally has applied to students who temporarily dropped out of school but who returned later. Advance payment checks are currently sent to the school and turned over to the student only when the student registers. A change in the rules governing advance payments could eliminate expected hardships for students resulting from the new recertification rules without disturbing VA's efforts to prevent overpayments, and allow student veterans to apply for advance payments prior to each school term regardless of how much time has elapsed between checks. Advance checks would still be sent to the school instead of to the student. If the veteran failed to register, the school could return the check to VA.

This is precisely the suggestion made by the Legion to the VA last August. At that time, VA already had received several hundred letters from students troubled by the new recertification regulations. Because response to the new regulations has been brisk, VA may be forced to make modifications before they go into effect.

Immigration measure stalled —The House version of a comprehensive immigration reform and control measure, H.R. 1510, has become stalled in the House Rules Committee. This Committee is responsible for the establishment of the rule which will limit and guide the debate of H.R. 1510 when it comes to the House floor for final consideration.

As currently written, H.R. 1510 is totally incapable of either reforming current immigration practice or controlling illegal immigration. One of the primary elements of control over legal immigration is the establishment of an annual ceiling, yet H.R. 1510 sets no annual level on legal immigration. Therefore, the only limiting factor is the number of applications that can be processed annually by the Immigration and Naturalization Service. This measure will also legalize every illegal alien who entered the country prior to Jan. 1, 1982, estimated by some to be in excess of 10 million. While estimates of the cost impact of the program have not yet been made, it is clear that they will be high. A third and essential element of a successful immigration reform package is strong, enforceable employer sanctions which include a verifiable ID system. These provisions are necessary to turn off the magnet which draws millions of illegal aliens into the country hoping for employment. Unfortunately, H.R. 1510 calls for sanctions

which are top heavy with exemptions and eliminates the ID system for verification of eligibility to work.

The Legion urged the House Committee to provide a rule for debate on this measure which will accommodate the needed amendments. H.R. 1510 must be amended to establish an annual ceiling on legal immigration (including refugees); it must not be allowed to reward the millions of illegals currently in violation of U.S. laws with the rights of citizenship; and it must impose strict, enforceable employer sanctions with the use of a tamper-proof worker ID card.

Final Congressional action to authorize a new, two-year emergency job training program for veterans took place in early August in both the House and Senate. As part of the conference agreement which finally cleared, specific language stipulates that Congress "expects that the entire \$150 million authorized for fiscal year 1984 will be appropriated in the continuing resolution for fiscal year 1984." The inclusion of this language in the conference agreement makes the prospects very good for getting the program funded in time to begin operations October 1. This development is especially encouraging. As reported in this column last month, the funding had recently been seen in jeopardy.

As passed, the new program will be available to Korean or Vietnam era veterans unemployed for 15 of the last 20 weeks at the time of application for enrollment. Application will be made through the VA, with the Office of Assistant Secretary of Labor for Veteran Employment providing informational and outreach services. Training could last up to nine months—13 in the case of a veteran with a disability rated 30 percent or more—and employer-trainers would be reimbursed by VA in amounts covering up to half of a veteran trainee's starting salary, but no more than \$10,000 per veteran.

Legislation to increase the per mile tax deduction for volunteers who use their own automobiles in the conduct of charitable, volunteer work was the subject of a Senate Finance Committee hearing August 1. The American Legion's spokesman at the hearing supported the legislation pointing to the president's recent call for increased voluntarism to provide services otherwise paid for by state and local taxes.

Several individual bills designed to accomplish an increase in the per mile deduction have been introduced. These would raise the deduction from the current rate of 9 cents per mile to at least 19 cents per mile. It is particularly encouraging that the Senate Finance Committee has taken a lead on the issue this year, because successful action in the House had been widely seen as easier than in the fiscally more conservative Senate. Raising the mileage deduction for volunteers is long overdue since individuals using automobiles in the conduct of governmental or private business matters have enjoyed a much more generous deduction. While the cost of gasoline, for example, has risen nearly 400 percent since 1957, the allowable mileage deduction for volunteers has risen only 29 percent.

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Report From Seattle



Introducing himself as "Legionnaire Ronald Reagan, Pacific Palisades Post 283, reporting for duty," the President of the United States snapped to attention, saluted and began his second major policy address before The American Legion in less than a year. Stopping for applause 19 times during his 26-minute speech, Reagan told the 5,800 Legionnaires and guests assembled in the Seattle Center Arena: "One of the great lessons of life is that if you set high standards and do your best to live up to them you won't go wrong. The American Legion has set high standards for itself and for our country . . . and as long as America lives up to *your* standards, America will not go wrong."

Knowing that to be true, for history has proven it so, more than 12,000 Legionnaires, Auxiliary members and

their families came to Seattle, Wash., to attend the Legion's 65th annual National Convention, August 19-25, to discuss topics spanning the spectrum of Legion and national interests. No important subject was neglected. By convention's end, resolutions had been approved on issues ranging from the increasing incidence of Communist incursion in Central America, to the proper recital of the Pledge of Allegiance; from initiatives to curb veteran unemployment, to opposition to judicial review of VA decisions.

Even before the 1983 resolutions had been adopted, Natl. Cdr. Al Keller, Jr., was already informing the news media about the Legion's current positions on important national and world issues. In a press conference four days before the convention's opening gavel fell, Cdr.

Keller fielded more than a dozen questions dealing with subjects ranging from the Legion's stand on the Sandinista government in Nicaragua, to Agent Orange. More than 20 members of the print and electronic media in Seattle listened respectfully as the Legion's chief answered their questions in clear, concise language. Though the media's queries were often penetrating and the issues frequently controversial, the Commander never hesitated, never stumbled. The defensive parrying a press conference usually produces was not in evidence. Keller's answers precluded the joust.

Though few Legion positions dealing with national issues would change during the convention, Cdr. Keller made it clear that those that did would be de-

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e: The American Legion's 65th National Convention



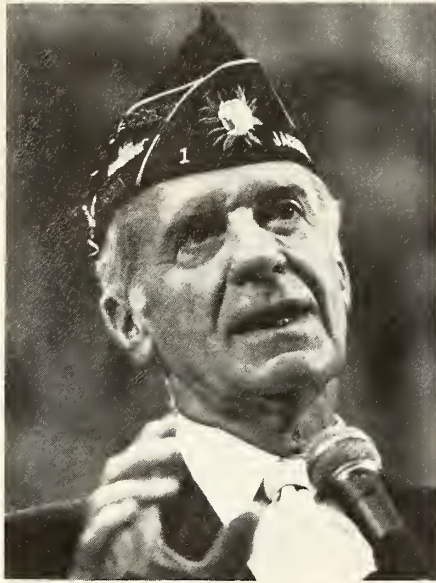
President Reagan told Legionnaires at the 65th National Convention that they were the "real peacemakers" of the world. "The American people and free people everywhere owe you a deep debt of gratitude." It was the second time this year that the President had addressed the Legion.



Shown here from a vantage point high atop the Seattle Space Needle is a sweeping view of the sprawling Emerald City skyline. From nearly everywhere in Seattle Legionnaires were treated to views of Mt. St. Helens, Mt. Rainier and the Puget Sound.



Natl. Cdr. Al Keller, Jr., in his report to the 65th National Convention said, "It's been a year in which Legionnaires have truly expressed the finest ideals and goals set down by our founders nearly 65 years ago."



Rep. G. V. "Sonny" Montgomery, D-Miss., (left), chairman of the House Committee on Veterans' Affairs and a ranking member of the House Armed Services Committee, told Legionnaires he shared with them a mutual goal for all veterans: decent educational and medical care and a decent future for all veterans, their widows and dependents. USAF Chief of Staff Gen. Charles A. Gabriel, (top right) praised the Legion's call for a strong, national defense. William C. Plowden, (middle right) Assistant Secretary of Labor for Veterans' Employment, said the Legion was instrumental in getting veterans' employment programs under the supervision of his office. VA Administrator Harry N. Walters, (bottom) called for a new spirit of cooperation between his agency and the Legion in order to better serve America's veterans.



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cided by the convention committees and delegates, who would determine the disposition of more than 400 proposed resolutions. By the time the convention had actually begun, committee reports had been fashioned into succinct language after two days of commission and committee meetings in three of Seattle's hotels and the Seattle Center, the site of floor proceedings. Of the 137 resolutions finally adopted, 109 require legislative action. (A list of adopted resolutions begins on page 30.)

But the convention did not consist entirely of work done in committees. Most of the highlights occurred on the convention floor and were provided by a host of authorities from fields of specific interest to America's veterans.

While the President addressed Legionnaires inside, 2,000 people demonstrated outside for a change in United States policy on Central America and nuclear arms. Unperturbed, but aware of the protest, Reagan told Legionnaires: "Peace is an objective, not a policy. Those who fail to understand this do so at their own peril. Neville Chamberlain thought of peace as a vague policy in the 1930s and the result brought us closer to World War II. Today's so-called peace movement, for all its modern hype and theatrics, makes the same old mistake. They would wage peace by weakening the free. That just doesn't make sense." Legionnaires responded with an approving round of applause.

The President went on to outline the government's foreign policy in specific locations, particularly Central America. Concluding, the President said: "We have no intention of becoming policeman to the world. But, as the most powerful country in the West, we have a responsibility to help our friends keep the peace. . . . The tide of history is with

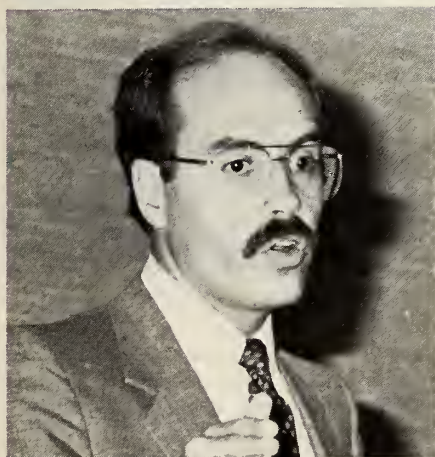
the forces of freedom . . . America more than anything wants lasting peace . . . peace with liberty and justice, and with the freedom to follow the dictates of God and conscience . . . With The American Legion's continuing support and the support of millions of other patriotic, God-fearing Americans, we have come a long way."

And, as Cdr. Keller pointed out in his report to the convention, so has The American Legion come a long way within the past year. Recapping our many recent accomplishments, the Commander said, "It has been a full year, a complete year, a very good year. It has been one in which Legionnaires have truly expressed the finest ideals and goals set down by our founders 65 years ago. Your volunteer action and involvement took on countless forms.

"For the first time in history, there is now a specially funded veterans' job and training program at the federal level. It goes into effect October 1, and is solely for veterans. Without The American Legion, that program probably would not exist. It was conceived, written and seen through Congress by The American Legion," he said.

"Another precedent was set this year when the Supreme Court voted unanimously to allow The American Legion and other veterans organizations their right to tax-exempt status, while retaining the right to lobby in Congress and to receive tax deductible contributions. The court decision stated specifically that 'veterans have been obliged to drop their own affairs and take up the burdens of the nation, subjecting themselves to the mental and physical hazards as well as the economic and family detriments which are peculiar to military service and which do not exist in normal civil life. Our country has a long-standing policy of

Continued . . .



Navy Adm. Hyman G. Rickover, (above) received the Legion's highest honor, The Distinguished Service Award. Curtis Dean, (far left), Director of Legislative Affairs, Immigration Reform Services, spoke about the current situation of immigration law reform. Nestor D. Sanchez, (left) Deputy Assistant Secretary of Defense for Inter-American Affairs, said the administration's policy on Central America stressed economic aid and the training of local, military forces. Secretary of Labor Raymond J. Donovan (below) told Legionnaires, "America's debt to its veterans can never be fully repaid."

For three days, Legionnaires packed the Seattle Center Arena (below) to hear Legion, government and business experts address key issues.



Special Time



Clifford E. Simmons, (left), a director of the Boy Scouts of America, presented a special "Citation of Thanks" to the Legion. Langhorne A. Motley, (right) Assistant Secretary of State for Inter-American Affairs, explained the administration's Central American policy. Past Natl. Cdr. Erle Cocke, Jr., (right below) was named an Honorary President of The Society of American Legion Founders. William J. Meade, President of the Society, made the announcement. (Below right), ABC sportscaster Keith Jackson accepting the Legion's "Good Guy" award.



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compensating veterans for their past contributions by providing them with numerous advantages. This policy has always been deemed to be legitimate."

Secretary of Labor Raymond J. Donovan and Administrator of Veterans Affairs Harry N. Walters also addressed the full convention. Secretary Donovan spoke of the debt all Americans owe veterans. "You have put your lives on the line to defend this country and all that we as Americans hold dear. The value of the sacrifices you have made cannot be measured. America's debt to its veterans can never be fully repaid." Repeatedly interrupted by applause, Donovan highlighted some of the steps taken by the Labor Department to assist veterans.

"We have elevated the operation and status of veterans' policies and programs with the appointment of an Assistant Secretary of Labor for Veterans' Employment," Donovan said. "We have consolidated all policy, program and budget authority into one agency, the Veterans Employment and Training

Service." Pointing out several other initiatives directly affecting veterans, the secretary closed his remarks with a promise: "I pledge to continue to work with you and your leaders in our common desire to make sure that every veteran who can and wants to work has the opportunity to get the training and assistance needed."

Harry Walters, in his first appearance before a Legion convention, said: "The American Legion has wasted no opportunity in its 64-year history to remind America that the business of war does not end when the shooting stops. The business of war ends only when our veterans have been assimilated again into our society. The business of war ends only when all has been done that can be done to heal the wounds and to compensate for the sacrifices."

The administrator said the VA intends to change its approach to geriatric care "from one which puts people into institutions, to the kind that seeks to monitor them in their communities so that our older veterans can be cared for at home. We will be developing a pro-

gram where they can receive diagnostic and therapeutic care during the day and return to their families at night." He also announced his intentions to expand and modernize the VA hospital system, to resolve the Agent Orange issue as soon as possible, and to provide more open communications between the VA and veterans' organizations.

The POW/MIA problem was discussed by USAF Lt. Col. Gerald S. Venanzi, principal adviser to the Secretary of Defense on POW/MIA affairs and himself a former POW. He said the issue continues to be a "matter of the highest national priority." Though not at liberty to discuss all current initiatives because of security constraints, Venanzi said, "There are some hopeful signs" even though progress has been painfully slow and disappointing. He pointed out that the Vietnamese have agreed to hold regular, technical discussions and he said the fact that they returned the remains of four Americans in October (1982), who previously had been listed as missing, was encouraging.

s & Places...



(Clockwise from top left) Cdr. Keller brings greetings from The American Legion to viewers of the "Good Morning America" show on the opening day of the 65th National Convention. Later, Cdr. Keller, enjoying a steak dinner as a member of the winning Legion team in the membership challenge "Steak and Beans" contest with members of the Auxiliary. Natl. Aux. President Anna Gear, left, and Past Natl. Aux. President June Stolte show their plates of beans and weiners. Below, more than 1,000 Legionnaires attended the Patriotic Memorial Service, which honored fallen comrades. After announcing Natl. Judge Advocate Bertram G. Davis's impending retirement, Past Natl. Cdr. Dan Foley embraces his long-time friend and exchanges a few quips for old-time's sake.



Other experts heard included USAF Chief of Staff Gen. Charles A. Gabriel, who told delegates that the Legion "in the 1930s clearly recognized that the first responsibility of government is the security of its people. You were opposed to the disarmament of the United States either for economy or as a purported means to bring about world peace. Time has changed the actors and the script ... but the problems we faced in the 1930s are a lot like those we are struggling with now. The Legion had the right answers then, and it's still got the right answers."

Rep. G. V. "Sonny" Montgomery, D-Miss., and astronaut Dr. Norman Thagard spoke at the Wednesday session. Montgomery, chairman of the House Veterans Affairs Committee, reviewed legislation recently passed of benefit to veterans and pledged to work with the Legion to see that all veterans receive the benefits to which they are entitled. Dr. Thagard, who received an inscribed plaque praising the courage and contribution of the Space Shuttle

(Continued on page 40)



The Legion Passes



Flags held erect, Legionnaires proudly carry their country's banner through gusting winds during the annual parade.



Four thousand Legionnaires participated in the parade along with specialty groups, including the Indianapolis Police Department's Motorcycle Drill Team. The parade brought out not only Legionnaires, but also a throng of Seattle residents to hear military bands and watch national and regional pride on display.

In Review...





"We will work to encourage the United States to be strong and resolute to keep peace and reduce the threats to peace."

National Security Convention Committee
Roger A. Munson, Ohio, Chairman

"We will continue to expand our efforts in our educational programs concerning infant hearing, teen-age suicide prevention, and missing children."

Children and Youth Convention Committee
Eugene V. Lindquist, Minn., Chairman



"We will encourage Congress to adopt measures to return prayer to public schools, teach respect for the flag, and strengthen the integrity of our borders."

Americanism Convention Committee
Daniel J. O'Connor, N.Y., Chairman

"The Legion's financial condition is sound. Our programs are well funded, and our investments are stable."

Finance Convention Committee
Churchill T. Williams, Iowa, Chairman



"Our approved mandates provide comprehensive policies on the crisis in Central America, nuclear arms control, and resolution of the POW/MIA issue."

Foreign Relations Convention Committee
Dr. Robert P. Foster, Mo., Chairman

"Our major objective is membership; our main goal is growth. This will give the Legion a greater voice with which to speak as one, for many."

Internal Affairs Convention Committee
James P. Dean, Miss., Chairman



"Agent Orange, VA geriatric care, Post Traumatic Stress Disorder, and the Columbia University/American Legion Study of Vietnam-era veterans are a few of the issues to be addressed in 1983-84."

Veterans Affairs & Rehabilitation Convention Committee
William F. Lenker, S.D., Chairman

"The American Legion alone worked with Congress in 1982 to establish a first-ever employment training program, Jobs Training Partnership Act, Title C, National Veterans' Program, designed exclusively for veterans."

Economic Convention Committee
Frank A. Kelly, Ga., Chairman



"The constitution and by-laws of The American Legion have, with few amendments, stood the test of time."

Constitution & By-laws Convention Committee
William W. Greeman, Ind., Chairman

"Our contacts with Congress will involve issues ranging from immigration reform to job training for veterans. It will be a particularly challenging year."

Legislative Convention Committee
Gary W. Sammons, Mich., Chairman



'Reso

The following are synopses of resolutions approved during the 65th annual American Legion National Convention, held in Seattle, Washington.

Legislative

Gary W. Sammons (MI), Chairman
Res. 41 (ND) Supports retention of the Senate Veterans Affairs Committee as a full committee, rather than as a subcommittee, with authority to consider and report to the Senate legislation affecting veterans.

Credentials & Internal Affairs

James P. Dean (MS), Chairman
Res. 136 (IN) Urges Legion Posts to offer their service and facilities for distribution of U.S.D.A. food commodities to America's needy.
Res. 347 (CA) Asks that National Headquarters automatically disseminate pertinent information concerning energy programs to all Department Energy Chairmen.
Res. 493 (Committee) Expresses appreciation to host Department, city and Convention Corporation for Convention success.

Americanism

Daniel J. O'Connor (NY), Chairman
Res. 465 (MO) Calls on Legion to spearhead a national effort to encourage and teach every citizen to recite the Pledge of Allegiance correctly, and calls for unified program to disseminate this information.
Res. 198 (IL) Reaffirms support for legislation permitting voluntary prayer in public buildings.
Res. 496 (Committee) Commends and endorses efforts of National Committee on Excellence in Education; encourages Posts to increase efforts to improve quality of their local education program.
Res. 135 (IN) Supports reestablishment of the House Committee on Internal Security.
Res. 110 (DC) Calls upon President and Congress to strengthen the CIA, FBI and all other intelligence and security agencies protecting U.S. from foreign espionage, organized crime and subversive activities; calls for end of harassment of CIA, FBI and all federal law enforcement agencies.
Res. 366 (WA) Commends U.S. Attorney General William French Smith for issuing new guidelines to allow the FBI more freedom to investigate subversive groups and individuals.
Res. 51 (OK) Alerts federal agencies and public that The American Legion will properly dispose of their worn flags; calls for respect for American flag.
Res. 22 (NH) Opposes legislation granting general amnesty to illegal aliens.
Res. 343 (CA) Urges that English be the only language used on ballots in federal, state and local elections.
Res. 113 (DC) Concerns U.S. Armed Forces personnel voting rights and use of absentee ballot.
Res. 299 (MD) Decries adulterated versions of the musical arrangement of the National Anthem and calls for all renditions to be performed in the traditional manner.

Economics

Frank A. Kelly (GA) Chairman
Res. 54 (OK) Opposes any changes in the Wagner-Peyser Act that may adversely affect veterans.
Res. 165 (ME) Calls for full funding of the office of the Assistant Secretary for Veterans Employment and Training, U.S. Department of Labor.
Res. 407 (TX) Seeks an increase in funding for state employment services so that an effective employment service, including employment services to veterans, can be maintained.
Res. 11 (NC) Urges full enforcement of requirements for affirmative action for eligible veterans by federal contractors.
Res. 245 (PA) Requests that Congress provide for veterans of all eras who are in need of employment training assistance in all proposed federally funded training programs.
Res. 133 (UT) Opposes the transfer of the Office of the Assistant Secretary of Employment and Training to the VA.
Res. 169 (SC) Encourages all Posts and Departments to actively promote the "Jobs for Veterans" program, and asks the Legion to take an active role in such programs to ensure that veterans receive representation on all state and local job training committees and councils.
Res. 29 (SD) Strongly supports veterans preference in federal employment and opposes any efforts to reduce this preference.
Res. 469 (NM) Urges the OPM to fully support and promote the use of the special hiring authority for veterans with 30 percent disability.
Res. 411 (TX) Urges OPM to fully support and promote the use of the special hiring program for Vietnam era veterans (VRA) by all federal agencies.
Res. 129 (MA) Opposes contracting out of federal jobs reserved by law for veterans.
Res. 243 (PA) Seeks legislation that would extend the Veterans Readjustment Appointments authority.
Res. 489 (Committee) Petitions the Congress to adopt a joint resolution requesting the President to issue a pro-

ved... 1983-84 Resolutions

lamation designating the second full week in March as "National Employ the Older Worker Week," and calls for appropriate observance of such a week.

Res. 368 (WA) Opposes any attempt to remove the home loan program for veterans from the VA.

Res. 382 (GA) Supports legislation to allow the VA to guarantee loans for the purchase and renovation of houses needing restoration.

Res. 491 (Committee) Urges continued funding for veteran outreach efforts of the SBA.

Res. 490 (Committee) Asks that the SBA fully fund and staff its Veterans Office so it can accomplish its mission.

Res. 488 (Committee) Expresses continued support for the U.S. Savings Bond Program.

Veterans Affairs & Rehabilitation

W. F. Lenker (SD), Chairman

Res. 37 (ND) Opposes any administrative or legislative proposal to reduce the payment of any other federal benefit by offsetting VA compensation payments made to service-connected disabled veterans.

Res. 42 (ND) States The American Legion policy of opposition to "Mainstreaming Medical Services to the Veteran."

Res. 49 (AZ) Supports legislation to extend the Vet Center program, thereby providing necessary adjustment counseling for Vietnam veterans.

Res. 326 (WV) Urges Congress to provide sufficient VA health care facilities for the treatment and care of the nonservice-connected disabilities of war veterans.

Res. 458 (MN) Urges that radiation exposure cases be entitled to medical treatment on a presumptive basis.

Res. 459 (MN) Expresses opposition to any legislation that would authorize judicial review of the decisions of the Administrator of Veterans Affairs.

Res. 461 (MN) Asks for the expansion of the VA's Geriatric Research, Education and Clinical Centers Program.

Res. 36 (ND) Sponsors legislation to amend section 612 of title 38, USC, to provide dental care on an outpatient basis to any veteran who has a service-connected disability rated at 50 percent or more.

Res. 76 (NE) Supports legislation to amend 38 USC, section 314, so as to increase the monthly rates of disability compensation.

Res. 161 (IA) Urges the Administrator of the VA to accept certifications of documents by a notary public for the purpose of establishing claims for VA benefits.

Res. 163 (IA) Petitions the Administrator of the VA to transfer all activities relating to waiver of overpayments from the Centralized Accounts Receivable System to the regional office of jurisdiction.

Res. 193 (OH) Supports legislation to provide that service-connected total deafness shall be rated at the 100 percent level.

Res. 195 (OH) Asks for legislation to amend title 38, USC, so as to provide a special pension program for veterans of World War I.

Res. 218 (IL) Seeks legislation to increase the current burial plot allowance for veterans from \$150 to \$250.

Res. 295 (VA) Supports legislation to provide for the payment of a clothing allowance to veterans with a compensable skin condition and for certain other compensable conditions when it is determined there is clothing spoilage.

Res. 325 (WV) Seeks legislation to provide service connection for Lupus Erythematosus becoming manifest to a degree of 10 percent or more within one year from the date of separation from a period of war service.

Res. 393 (WI) Supports legislation to amend 38 USC, so as to increase the grant for aid and attendance for veterans who are patients in community nursing homes from \$165 to \$215 a month.

Res. 329 (CO) Urges the VA to revise its policies and regulations so as to grant vocational rehabilitation to veterans if their service-connected disabilities prevent meaningful or gainful employment.

National Security

Roger A. Munson (OH), Chairman

Res. 3 (Panama Canal) Expresses support for the Latin American Regional Training Program in Panama, and asks Congress for \$5.5 million funding.

Res. 95 (MT) Urges Congress to aid in the modernization of the nation's industrial base, including shipbuilding facilities.

Res. 115 (DC) Urges DoD and respective military departments to include courses to increase understanding of the current world situation in the curriculum for ROTC cadets and midshipmen.

Res. 173 (SC) Commends members of Congress pushing a strong national defense policy, urges Congress to continue such efforts.

Res. 322 (MD) Seeks a strategic nuclear policy providing necessary strength to destroy Soviet strategic offensive capabilities, rather than destruction of soft targets, urges development of force structure necessary to defeat the Soviet Union, while minimizing destruction to the U.S.

Res. 83 (MT) Seeks necessary funding to modernize U.S. Air Force.

Res. 139 (IN) Strongly urges Congress to fully support Air Force efforts to modernize tactical aircraft force.

Res. 281 (VA) Calls for adoption of new military strategy utilizing space technology and providing for development of a space-based ballistic missile defense system.

Res. 253 (PA) Sets out strategy for peaceful and military



1983-84 American Legion Auxiliary President, Mrs. Anna Gear, (left) and Auxiliary Vice President Mrs. Helen Adams, appear before convention delegates. Mrs. Gear told delegates in her acceptance speech, "One of the greatest problems facing America today is the erosion of the family. If we are to build character and pass on patriotism of The American Legion Auxiliary and a love of country, we must begin with our own... our junior members."

use of space.

Res. 87 (MT) Calls for full support of DoD efforts to develop and deploy the MX missile.

Res. 141 (IN) Supports President's decision to produce the B-1B bomber, followed by introduction of the ATB.

Res. 248 (PA) Asks Congress to support Air Force program to re-engine the KC-135 tanker force so it will have capability to meet refueling requirements of our strategic, tactical and airlift forces.

Res. 251 (PA) Supports development and deployment of TRIAD concept and Stealth aircraft.

Res. 314 (MD) Asks for sufficient airlift capability to provide for rapid deployment of the armed forces to any location in the world.

Res. 315 (MD) Seeks development of heavy vertical airlift technology.

Res. 317 (MD) Supports initiatives to reestablish U.S. antimissile capability using all techniques, including space, denies propaganda efforts promoting unilateral disarmament.

Res. 435 (TX) Strongly urges Congress to continue to support and fund the National Space Program, asks for

participation of private industry in space program, encouraged through tax credits and other incentives.

Res. 436 (TX) Strongly recommends that the Congress fully fund production and fielding of the cruise missile.

Res. 6 (Panama Canal) Calls for a viable civil defense program to improve our total defense posture.

Res. 26 (NH) Reaffirms opposition to compulsory registration of firearms.

Res. 172 (SC) Supports immediate legislation to change the grant system currently employed in the civil defense program so that the federal government contributes a greater amount.

Rs. 376 (WA) Calls for modernization of the U.S. Merchant Marine Fleet.

Res. 484 (Committee) Urges Congress to approve legislation requiring that a certain percentage of bulk imports and exports move on U.S. flag vessels.

Res. 485 (Committee) Calls for a Commission on Merchant Marine and Defense which would study problems related to transportation of cargo for national defense purposes, and make related recommendations.

Res. 495 (Committee) Encourages government to further develop and evaluate tactical and operations applications of ARAPAHO.

Res. 64 (OK) Calls on Congress to repeal laws that discriminate against military retirees.

Res. 91 (MT) Supports total force policy and urges Congress to authorize and fund the National Guard and Reserve Forces so they may fully accomplish their mission in the event of war.

Res. 92 (MT) Supports the Army 86 studies, the Army 90 transition plan, and the initiative under way at Fort

(Continued on page 47)



Fred Hartline, (Ohio), was elected 1983-84 SAL Commander.



The American Legion Youth Champions: (left to right) Donald F. Logue, Boys Nation President; Keith Russell Fitch, National Oratorical Champion; Christopher H. Davies, Legion Scout of the Year, and Ivan S. Snyder, 1982 American Legion Baseball Player of the Year.

Keith A. Kreul

While a dutiful sergeant-at-arms stands watch, supporters of Wisconsin's Keith A. Kreul (right) wait for the final tally of convention votes. Surrounding Kreul (bottom right) are the newly elected 1983-84 National Vice Commanders: (left to right) J. Leslie Brown, Jr., (Ky.); Charles R. Green, (Ohio); John N. Lockhart, (Hawaii); Robert W. Groccia, (Mass.), and Roberto Gonzalez, (P.R.).



Elected National Commander 1983-1984



Past Natl. Cdr. Keller glances for the last time at the lectern as newly elected Natl. Cdr. Keith Kreul, his wife by his side, approaches the microphone at the conclusion of the 65th National Convention. Cdr. Kreul told thousands of cheering Legionnaires, "Today a dream, a goal, has been realized. And without my family I would not be standing before you."



Above, Cdr. Kreul is sworn in by Natl. Judge Adv. Davis. At right, Cdr. Kreul's wife, Dolores, (center) and Auxiliary President Mrs. Anna Gear join him at the lectern.

THE AMERICAN LEGION/OCTOBER 1983

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City

State Zip

Keith A. Kreul

(Continued from page 17)

Methodist Church, where he and his family are members. Additionally, the commander has been a local 4-H Club leader, Director of the Wisconsin Angus Association, State Director of the Farmers Home Administration, a member of the American Farm Bureau, and Wisconsin State Chairman of the Agricultural Stabilization and Conservation Service of the U.S. Department of Agriculture.

A Korean War veteran, Kreul entered the Army in October 1951, only five months after he was graduated from the University of Wisconsin, where he was awarded a bachelor's degree in mechanical engineering. After completing basic training at Fort Riley, Kan., Kreul entered officer candidate school. Commissioned a second lieutenant in the Ordnance Corps in September 1952, Lt. Kreul served briefly at the Aberdeen Proving Ground in Maryland, before being transferred to the Lima Ordnance Depot in Ohio. Lima's mission was performance of modification work on armored vehicles for use in the war zone. Kreul served as chief of the engineering branch and as assistant chief of planning and production control.

Though it wasn't frontline duty by any means, the work done at Lima was important to the war effort. "Even though it wasn't exciting duty, I enjoyed my service at the ordnance depot," Cdr. Kreul said. "We had a unique operation in that the base had very few officers or enlisted personnel. In fact, we had only 17 officers, one sergeant major and more than 5,000 civilian employees."

Discharged in October 1953 following the cease-fire, Kreul completed his reserve obligation in Company C of the 334th Infantry Regiment, 84th Infantry Division. Accepting a position in the engineering department of Fairbanks Morse, Inc., the commander and his young bride, Dolores, set up housekeeping in Beloit, Wis., their first "real home" since marrying on Valentine's Day, 1952.

Kreul met Dolores Morfey while he was attending the university, and she was in high school in Fennimore. (Although born in Madison, Dolores's family moved to Fennimore—some 70 miles west—when she was in the 8th grade.) Six years older than his bride, Kreul had just finished basic training when they married and Dolores had only recently graduated from high

school.

"I guess you could say I robbed the cradle," Cdr. Kreul reflected, with a hint of satisfaction in his voice, "but I can tell you this: I've never regretted it for a single moment. We have been very happy, and God has blessed us with four, fine children. Dolores has been my wife, my friend and my best supporter for most of my life. In fact, one of the main reasons I've been able to be so active in the Legion is because of her enthusiastic encouragement and her belief in the purposes of the Legion."

The Kreuls' Legion career began in Fennimore in 1955, after they returned to the family farm. "Having grown up in a family that was active in the Legion, I recognized that the Post in Fennimore was a focal point for community service—as should all Posts be that are doing their job. I wanted to be a part of the local community and do my share, so I joined."

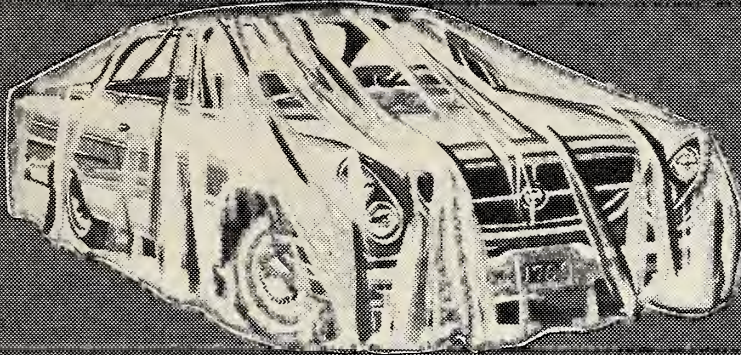
And Mrs. Kreul, displaying the boundless energy and indefatigable spirit that enabled her to be a farmer's wife and the mother of three boys and a girl (and, today, the proud grandmother of three), became active in The American Legion Auxiliary. A member of Whitish-Funk Unit 184, Dolores has served two terms as Unit President, as well as donated numerous hours in various other volunteer capacities.

The Kreul children are all grown now, but the family maintains close ties. Jeff, the oldest at 28, is married and has one child, Jason. The owner and operator of a fast food store, Jeff and his wife, Lori, live about 20 miles north of Fennimore. Daughter Kim, the youngest, 22, is married to Steven Schroeder, a farmer, and Kim works in a local bank "helping to bring in the bacon while they are getting their farming operation in order. As you well know," emphasized Cdr. Kreul, "these are tough times for all business people, but especially for young farmers just starting out."

The two middle children, John, 26, and Jim, 23, work on the family farm, Diamond-K. Farms, owned by Cdr. Kreul and his brother, Roger. John and his wife, Beth, have two children, Joshua and Dustin. A farmer at heart, John manages the 950-acre homestead while Jim, a graduate of the University of Wisconsin with a degree in business administration, has a

Continued . . .

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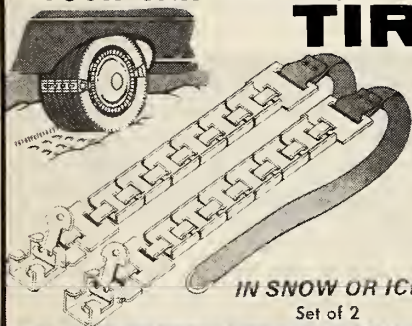
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full-time job keeping track of the transactions involving the care and feeding of the family's Aberdeen Angus cattle and some 750 hogs.

Overseeing such an operation is, in itself, a full-time job for the senior Kreul, so it's not surprising that he doesn't admit to having any hobbies ... as such. "The American Legion has really been my outlet," said the commander, "but I am reluctant to call it a hobby. However, it is something that I can relax at and something I enjoy participating in."

If Legion work is Cdr. Kreul's idea of relaxation, then he's had plenty of it during the past 28 years. His first Legion position was as Adjutant of Post 184, followed by two terms as Post Commander, and one term each as County Commander, Third District Vice Commander, Third District Commander (for which he was presented the "Mr. District Commander" award in his category), Wisconsin Department Vice Commander and Wisconsin Department Commander.

"While Department Commander, I was awarded a life membership by my Post," said Kreul. "That was, perhaps, the most meaningful honor I've received in all my years in the Legion because it was the first, and only, life membership ever awarded by my Post. To be so recognized by your fellow Legionnaires—people that you live and work with every day—is an experience I will always remember and cherish."

Following his year of stewardship as Department Commander, Kreul went on to become a National Executive Committeeman for two years. Further, he has been a delegate to every National Convention since 1965, and has served as chairman of the National Legislative Commission, and as a member of the National Economic Commission, National Magazine Commission and National Public Relations Commission (as a consultant). Cdr. Kreul has also, in various capacities, served on the National Membership and Post Activities Commission and the National Veterans Affairs and Rehabilitation Commission. Cdr. Kreul's highest National office prior to his election in Seattle was National Vice Commander.

Despite the demands placed on a newly elected National Commander of the nation's largest veterans organization, Cdr. Kreul took time recently

to talk about the issues with *The American Legion* magazine. What follows are some excerpts from that interview.

On priorities: "It is imperative that we arrest the decline in membership. Our organization, with only 10 percent of eligible veterans belonging, has not reached out to enough of them. We know that the Legion is number one when it comes to representing the veterans of America, but we must be ever vigilant to maintain a membership base that commands sufficient clout to have our views heard and considered seriously."

VA budget: "The Legion's position, of course, is that it stands for full funding for veterans programs. In the order of national priorities, veterans assistance programs should rank second only to national security, which must rank first."

"The American Legion realizes that the nation is in a period of economic difficulties requiring strict fiscal restraint in federal spending, and we acknowledge that veterans must share in those restraints. The fact that the percentage of the federal budget allocated to veterans programs has declined in the fiscal year 1984 budget to about 3 percent, down from a full 5 percent about six years ago, indicates clearly that veterans programs are not consuming an increasing amount of the federal dollar."

"I don't feel that the VA budget, or any budget, should be based on a percentage of past history. I think we have to look at the day we are living in, the requirements of the program, and act accordingly. And that is what we are doing now."

Vietnam veterans: "I think the Vietnam veteran knows that the Legion is a reliable advocate for him and is interested in finding solutions to his problems. Certainly our support for the Vietnam Veterans Memorial and our efforts as a leader on the issue of Agent Orange indicate that. For instance, we are currently involved in the preliminary stages of a joint research effort entitled 'The Columbia University and American Legion Study of Vietnam Era Veterans.' The study will look into problems facing Vietnam veterans such as Post-Traumatic Stress Disorder, questions surrounding the issue of Agent Orange, the socio-economic impact of Vietnam service on the veterans who served there, and the Vietnam

Legionnaire's perception of the VA medical care system. The study is being developed and directed by two epidemiologists who are experienced in conducting health studies. It will use trained Legion volunteers to collect data from a scientifically selected sample of several thousand Legionnaires who served in Vietnam, and a comparison group of Legionnaires who were in military service elsewhere during the same period.

"The study involves an innovative approach in that it uses the structure and membership resources of the Legion to select an unbiased sample of individuals to be studied. The final report of the study is expected to be released in the fall of 1984, and the Legion will use the findings of this important research in its work on behalf of Vietnam veterans and their families before the VA, other federal agencies and the Congress."

"However, even though we are heavily involved in such efforts, I don't think we can afford to forget—or even give the impression that we may be forgetting—the veterans of other wars. We must continue to support a broad spectrum of programs beneficial to all veterans and their families."

Veterans Administration: "I think that under the current administrator, we can expect a good working relationship. Our government is beginning to recognize that veterans require special assistance; for instance, some of the hospitals are in need of renovation and there is a move afoot to correct this problem. I think we will see the current administrator as being supportive of Legion mandates on veteran related issues, and we will have a fair chance to share our views with him. If, of course, we encounter obstacles, our mandates will determine our course of action, and we'll react then."

Membership recruitment: "For 65 years the Legion has conducted its annual membership campaigns through word of mouth, personal contact. This system has been and continues to be successful in many areas, especially rural communities and towns. We are now testing new techniques of recruitment as a supplement to personal contact. Some of these progressive methods will allow us to conduct mass recruitment campaigns in high veteran populated areas."

National defense: "I feel strongly that our national defense and related

Continued ...

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The North Pole

Christmas 1983

Dear (your child's name here.)

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YES, please ask Santa to write to the following children on my Christmas list:

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areas comprise our number one commitment. If America were to cease to exist as a free nation, then all of the other things we support would cease to exist also. We actively support the administration's plan to rearm America in view of the massive and continuing Soviet arms buildup over the past decade."

Nuclear arms control: "Nuclear arms control is important as a way to reduce weapons levels on both sides. But, agreements must be equal and verifiable. An immediate nuclear freeze isn't the answer. We must first modernize our forces to restore credible deterrence, then seek mutual reductions and, finally, push for a nuclear freeze of equality. We must also not let NATO Europe down in meeting the Soviet SS-20 missile threat. Possible Soviet violations of earlier agreements must put us on alert. Hard bargaining is a must."

Central America: "Since 1979, the Legion has been in the forefront of those trying to alert Americans about the crisis in Central America. The United States must provide adequate economic and security assistance to help our friends there move toward democracy, prosperity and justice. Central America is a vital interest of the United States—it's in our neighborhood, and we must rise to the occasion as the Free World leader. In the long run, a 'Marshall-type Plan,' based on partnership, is the best approach."

POW/MIA issue: "Resolving the POW/MIA issue continues to be the highest national priority. We are gratified by President Reagan's leadership and determination to get results. We have a strong program in the Legion at all levels, and I know we will continue maximum effort. Public awareness is the key ingredient—to make sure the American public keeps pressure on our government and the Vietnamese to resolve this most critical humanitarian issue without further delay."

Internal security: "We live in an open society in which individuals have freedoms, regardless of their national origin or political beliefs. We must be careful not to transgress those freedoms. The FBI is doing a good job within our confines in monitoring Communist and subversive activities. The American Legion has historically supported the FBI as an unparalleled

law enforcement agency as evidenced in our FBI Charter, the long-standing resolution of our organization. The attorney general issued new guidelines in March of this year that will greatly assist the bureau in carrying out its work in this important—even vital—area of nationwide concern.

Children and Youth programs: "We have distinguished ourselves in 1983 as one of the top youth-serving organizations in the nation. Our 60-year-old Children and Youth program has impacted on our society in a quiet and yet significant way. We are proud of our record. Without question we have led all-volunteer groups in this nation in service to youth. We look forward in the years to come to continued success based on total cooperation with other youth-serving organizations."

The American Legion expects to press its views on behalf of veterans with renewed enthusiasm.

Legislative initiatives: "Although the nation seems to be emerging from its most recent and, perhaps, most severe post-World War II recession, unemployment—particularly among veterans—remains unacceptably high. Hardships generally sustained by Americans as a result of recession continue to linger, requiring Congress to address itself to many of the programs designed to render assistance. This predicament raises many serious and difficult questions, particularly in view of general agreement that federal spending is too high and that federal deficits must be brought under control to assure lasting economic recovery.

"These crosscurrents influencing Congress to provide additional domestic spending assistance in the face of a clear need to control federal domestic spending, cannot help but make the legitimate claims of veterans to a fair share of federal spending more challenging. In that regard, The American Legion expects to press its views on behalf of veterans with renewed enthusiasm.

"Specifically, funding for veterans

programs administered by both the VA and the Department of Labor must be seen by Congress as domestic spending priorities. In the past, Congress has recognized the priority status of veterans programs because no other segment of American society has needs as great, or derived so exclusively from decisions made by the federal government. After having said that, it should be recognized that The American Legion enjoys a long-standing relationship with Congress, which transcends the special relationship between veterans generally and Congress. This is because the Legion has always acted responsibly in its presentation of what programs and how much funding for those programs should be rightfully set aside for veterans. We expect this relationship to continue in spite of current, fiscal constraints."

Legion strength: "Our strength is our people, and our people are in the local communities where Legion programs must be active. Good programs, correctly set up and explained, will attract good members, who are willing to donate their time, talents and energy. As it was from the start, the future of the Legion lies in the hands of Bluecap Legionnaires from coast to coast and around the globe. They are our energy; they are our power; they are our future."

National Commander Keith A. Kreul—a Midwest farmer with a strong sense of purpose, moral integrity and community involvement—is optimistic about the Legion's future and the ability of veterans to make it a brighter one. "I know we have the caliber of people within our organization who make the difference. They made the difference in wartime and they make the difference every day of their lives, because they care about America and about The American Legion.

"We are a grassroots organization and always have been. I want to see that vast supply of local commitment, dedication and energy harnessed and directed toward the accomplishment of the vital goals we have set for ourselves in every area from youth programs to national defense. I want to see the Legion move ahead as a team with a plan for action, a plan that will carry the team above what we have already achieved and on to further successes. I'm sure it can be done; I'm certain we are going to do it."

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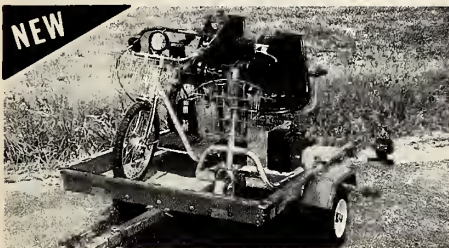
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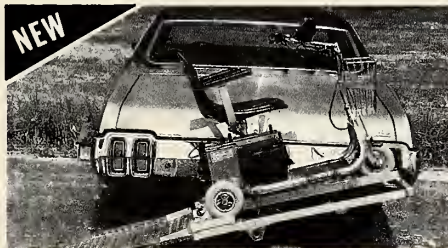
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Blue Knights Junior Drill Team (above), of Des Moines, Iowa, won the title. Other winners: Debutante Junior Girls, Minneapolis, (Junior Color Guard); Highlanders, Louisville, Ky., (Senior Color Guard); Double D's, Milwaukie, Ore., (Senior Drill Team); Kansas City American Legion Band, Kansas City, Mo., (Senior Concert Band). Simon J. Godfrey (top right) told VA&R Commission members improved benefits were needed for WWI veterans. Demonstrators (below right) drew mostly looks of disagreement from Legionnaires.



(Continued from page 27)

astronauts, talked about the recent space flight and its implications for mankind.

Langhorne A. Motley, Assistant Secretary of State for Latin American Affairs, told Legionnaires the revolutionary government of Nicaragua is a threat to the security of the United States, and he endorsed the Legion's positions on that topic.

Legionnaires attending commission meetings also had an opportunity to hear more than a dozen experts speak on issues ranging from veterans affairs to foreign intelligence.

Appearing before a joint meeting of the Foreign Relations and National Security Commissions, Nestor D. Sanchez, Deputy Assistant Secretary of Defense for Inter-American Affairs, stressed that U.S. policy consists primarily of economic aid and some train-

ing of local military forces. "Most Americans," he said, "are ill-informed about who the protagonists are in Central America and which sides the U.S. government is supporting." He also laid the blame for much of the unrest in Central America at the feet of Fidel Castro, who is supporting "revolution without frontiers" in the Western Hemisphere.

Deputy Administrator of the Veterans Administration Everett Alvarez, Jr., told members of the VA&R Commission that the VA considers the Legion an "essential partner" in delivering services to veterans. He said the VA will concentrate its efforts this year on stepping up medical research (especially into diseases afflicting older veterans), modernizing and expanding the VA's physical plants and facilities, and in meeting staffing needs required to service a growing and aging veteran

population.

The American Legion was praised by William C. Plowden, Assistant Secretary of Labor for Veterans Employment, when he spoke at an Economic Commission meeting. Plowden gave the Legion credit for helping to get veterans employment programs consolidated within his office. That step, he predicted, will make administration of the programs and delivery of services to veterans "much more efficient."

Though Legionnaires came to Seattle to learn about and discuss issues, a convention isn't all work; the Seattle Convention was no exception. There was time for reminiscing with old friends, dining on fresh Pacific Northwest salmon and seeing the sights. And some were happened upon unexpectedly, such as the commemorative plaques found on two different floors of

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The Seagram Posts Awards Drawing: American Legion Auxiliary member Rachel Maglioli, (R.I.), won the top prize, a 1983 Dodge 400 convertible. It was the first time a member of The American Legion Auxiliary won the award. A Legionnaire from Sacramento, Calif., Dan Bianchini, won the trip to the 66th National Convention in Salt Lake City, Utah.

... Continued

a local department store. Each listed the names of store employees who had fought in the World Wars, and at the top of each plaque was listed those who had died in service to their country.

At the Seattle Center, just outside Veterans Hall, a huge, bronze statue of a returning Doughboy was hidden by a small grove of trees. Passing Legionnaires, including several from the Great War, commented on the exacting detail the artist employed in his work. Such touches as a slightly torn sleeve, hobnail boots and an empty scabbard — each a detail signifying that this was someone who had seen the face of War.

There was ample opportunity to partake of a Seattle tradition: fine, fresh seafood. Not only did Legionnaires feast at numerous excellent restaurants, but many also strolled through the Farmer's Market where fresh sea treasures were piled high over heaps of crystalline ice: lobster, crab, shrimp and salmon of all types. And each was available for shipping back home.

Unlike the Seattle Convention of 1976, when it rained 14 of 16 days preceding and during the proceedings, Legionnaires this year found only blue skies and mild temperatures — perfect weather for the annual parade. Perfect weather and, perhaps, the noticeable resurgence of nationwide patriotism, brought Seattlites numbering in the thousands to the four-hour Legion spectacular. One resident, craning her neck above a crush of parade watchers, noted that the number of flags displayed in the parade was more than Seattle had seen "in a long, long time. It kind of makes you feel proud to be an American."

Indeed. Four thousand, smartly dressed Legionnaires from every De-

partment marched, some wearing uniforms, others sporting shirts and banners proclaiming their patriotism and regional pride.

The Sunday parade wasn't the only evidence offered attesting to love of flag and country. On the second night of the convention, Old Glory was hanging in the dark outside the Seattle Center because a light bulb had burned out. When three Legionnaires spied the darkened flag, they answered duty's call by gathering a set of flashlights and providing proper illumination until dawn.

While the "dawn patrol" didn't receive any special awards, there were a number of honors presented to distinguished guests. Retired Navy Adm. Hyman G. Rickover, known as the "Father of the Nuclear Navy," received the Legion's highest award, the Distinguished Service Medal. The Legion resolution authorizing the medal cited Rickover's "unusual foresight and unswerving perseverance . . . engineering and administrative leadership in the development of safe and reliable nuclear power." In presenting the award, Cdr. Keller said, "I present this to you because you are a guardian of freedom and The American Legion is honored to have this privilege."

Rickover, 83, said, "I give thanks that there is such an organization as The American Legion, whose objective is the security of the United States and to promote patriotism."

And then the unexpected happened. An award ceremony that is usually solemn turned into an exchange of one-liners between Adm. Rickover and Cdr. Keller, much to the amusement of an applauding Legion audience.

Rickover: "When I look at this Distinguished Service Medal, I see a

soldier, an airman, but no Navy man."

Keller: "You put me on a spot with that." (Laughter)

Rickover: "Somebody ought to be put on the spot. Don't you have a lot of Navy members? (Cheers and applause) I am surprised none of you were smart enough to see this."

Keller: "I guess those of us who served in this capacity, since we are all Air Force men, we didn't know . . ."

Rickover: "You army fliers and these aviators that fly, think they are the only ones that are doing anything. Just like the leaders of The American Legion, you think leaders do it all. It's not the leaders. If you didn't have all of these followers (waving arm toward audience), you wouldn't get anywhere."

Keller: "I totally agree with you." (Standing ovation)

Rickover: "How about making me a member of The American Legion?"

And with that, Adm. Rickover became the first person ever to join the Legion with a National Commander signing him up and 3,000 cheering Legionnaires applauding their approval.

Other awards presented on the convention floor included the William Randolph Hearst Americanism Award, won by the Department of Maryland. Virgil Fassio, publisher of the *Seattle Post-Intelligencer*, presented the trophy to Jim Laughlin and Charles Bender, Adjutant and Department Commander, respectively. The Hearst Trophy is presented annually to the Department that best promotes "patriotic community service and youth activity."

The Employer of the Year Award for companies with more than 200 employees was given this year to Fraser Paper, Ltd., of Madawaska, Maine. More than two-thirds of the company's 1,147 employees are veterans. The Stratagraph Company of Lafayette, La., won the award for companies with fewer than 200 employees. Ninety percent of the company's 193 male employees are veterans.

The "Good Guy Award," presented by Past Department Cdrs., went to Keith Jackson, an ABC sportscaster. In accepting the award, Jackson called on Legionnaires to continue in their efforts to instill in all Americans, but especially the youth, respect for country and pride in their heritage.

The General Henri Gouraud Trophy, awarded annually to the Departments that are first in their categories to exceed their national membership goal,

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No one in the greater Seattle-Tacoma area was unaware of The American Legion or its positions on major issues as media coverage highlighted the 65th National Convention. Right, organist Pete Olesnevich sits under his familiar, seven-year-old Stetson, the same one he wore when he first played for a National Convention in 1977. Below, comedian, singer, impressionist Danny Gans entertains at the National Commander's dinner. Among the stars making "cameo" appearances at the dinner, thanks to Gans, were Sammy Davis, Jr., Dean Martin, George Burns, Marlon Brando and Kermit the Frog.



... Continued

was awarded to the following Departments: Maryland, Virginia, Vermont and Alaska. There was no winner in the Category One division.

A special citation from the National Council of The Boy Scouts of America was presented to Cdr. Keller in recognition of the contributions by all Legionnaires. The award was presented by Clifford E. Simmons, director of Community Relationships Service, BSA. The American Legion has, since its founding, been actively involved in scouting programs. American Legion Posts sponsor nearly 3,000 scouting units nationwide.

Five winners in the "Mr. Department Commander" competition were also honored. Each won because their Department's membership figures represented the greatest percentage increase over the final 1982 membership 30 days prior to National Convention. The competition was divided into five categories based on Department size. Winners were: Donald A. Drumheller, Calif.; Charles C. Bender, Md.; Edwin J.



Dentz, Va.; Julian F. Santos, Ariz., and Thomas W. Streeper, Sr., Alaska.

Two *Sacramento Union* reporters and the newspaper's editor accepted for the paper The American Legion's Fourth Estate Award. Reporters K.W. Lee and Dave Miller wrote a 16-part investigative series on a government-imposed "confidentiality curtain" which ultimately shielded from police in California the names of thousands of known felons who were also listed on welfare rolls.

One other award — this one not expected — was presented by Cdr. Keller. "Today, I want to take a moment to focus your attention on one who, perhaps long before any of us had seen the vision, knew the wisdom of honoring courageous Vietnam veterans. His wisdom, his special brand of leadership and his unflinching courage to overcome one obstacle after another guided The American Legion into the forefront of the Vietnam Veterans Memorial fundraising effort. We are indebted to him," Keller said, "and the American people are indebted to him."

And with that, Natl. Adj. Robert W. Spanogle was called to the lectern and presented a bronzed, mounted certificate of appreciation for his determination to bring to reality the Vietnam Veterans Memorial and the National Salute to Vietnam Veterans.

Though it comes as the final item of business after a hectic week of commission and committee meetings, convention proceedings and other convention activities, the election of the new National Commander has a certain magic about it that makes even the weariest Legionnaire feel energetic again. And such was the case this year when 1983-84 National Commander Keith A. Kreul of Wisconsin was elected to a year of stewardship over the nation's largest veterans' organization.

Nearly carried all the way to the lectern by a band of fellow Badgers, Cdr. Kreul's nomination was repeatedly seconded by each Department. Finally, it was moved that the convention rules be suspended and that the National Adjutant cast one vote for all the delegates, thereby unanimously electing Kreul as National Commander.

In his acceptance speech, Cdr. Kreul said: "We make up the greatest team of volunteers in this country. We come of our own free will and serve with heartfelt dedication." Emphasizing throughout his acceptance speech the importance of the Bluecap Legionnaire in

Continued . . .

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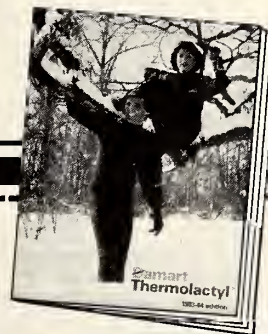
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Members of the National Security Commission, above, tour Fort Lewis in an effort to gain firsthand knowledge of current troop preparedness.



Cdr. Keller was busy after the National Commander's Dinner autographing invitations. The annual affair is given to honor distinguished guests at National Conventions.

Below, a mothballed line of ships rests in port at Bremerton Naval Shipyard in Puget Sound. From right to left: the battleship Missouri, the cruiser Oklahoma City and carriers Hornet, Bennington, Bon Homme Richard and Oriskany.

... Continued

fulfilling Legion mandates and carrying out its service mission, he thanked them for their continuing dedication.

Also elected were the 1983-84 Natl. Vice Cdrs. John N. Lockhart, Hawaii; J. Leslie Brown, Jr., Ky.; Robert W. Groccia, Mass.; Charles R. Green, Ohio, and Roberto Gonzalez, P.R. Newly appointed national officers were Rev. James Clay McKee, Utah, as Natl. Chaplain; Kenneth Gassman, Wis., as Natl. Sergeant-At-Arms, and Huberta T. Stark, N.H., as National Historian. National officers reappointed were: Natl. Adj. Robert W. Spanogle, Mich.; Natl. Judge Advocate Bertram G. Davis, N.Y., and Natl. Treasurer Webber LaGrange, Ind.

By late afternoon on Thursday, the Seattle Center held few reminders that the delegates of The American Legion had assembled there only hours before. The placards, the banners, the flags — all had been removed. The aisles had been swept and the decorations stored and shipped. The only thing remaining was the sense of purpose that had brought them there to begin with. And that sense of purpose had been translated into 137 resolutions that will guide the Legion — and, perhaps, the nation — for the coming year.

It is that sense of purpose which goes with 12,000 Legionnaires and Auxiliary members as they travel back to their home Posts and Units to give fulfillment to the goals set by this, the 65th National Convention of The American Legion. ☼



AMERICAN EAGLE

DIAMOND BELT BUCKLE

(Continued from page 31)

Lewis, Wash.

Res. 96 (MT) Urges Congress to enact legislation that would authorize and fund an education incentive program in support of retention and recruitment for active and reserve forces.

Res. 124 (MA) Seeks legislation that would deny government funds to students who have not registered for the Selective Service.

Res. 144 (IN) Supports a strengthening of the Army National Guard and the Air National Guard.

Res. 151 (IN) Supports a return to the military draft system as the primary source of personnel to meet manpower requirements of armed forces.

Res. 170 (SC) Sponsors legislation to repeal PL 95-30, as it pertains to military retirees.

Res. 171 (SC) Sponsors legislation to repeal PL 97-252 as it pertains to military retirees.

Res. 174 (SC) Vigorously protests the inclusion of alternatives to military service provisions in any future draft legislation.

Res. 187 (OH) Wants legislation to permit widows of military retirees to collect Social Security benefits based on their earnings, without losing a portion of their Survivors Benefit Plan entitlements.

Res. 211 (IL) Supports a proposal to continue and improve incentive bonuses for the National Guard.

Res. 214 (IL) Supports increase in the size of the full-time support force.

Res. 215 (IL) Supports the Omnibus Medical Legislation.

Res. 288 (VA) Strongly urges Congress to authorize and appropriate sufficient funds to provide the Army strategic mobility improvements.

Res. 292 (VA) States Legion policy on military draft.

Res. 212 (IL) Supports proposal to provide incentive pay for National Guard and Reserve medical personnel.

Res. 439 (TX) States policy and reasons for support of a strong U.S. Army Reserve.

Res. 440 (TX) States support for a strong National Guard and calls for necessary funds to fully equip same.

Res. 454 (MN) Opposes the abolishment of the Corps of Chaplains in the U.S. military services.

Res. 486 (Committee) Supports current U.S. efforts and calls for funding of chemical warfare program adequate to combat the Soviet Union's use of chemical weapons.

Res. 487 (Committee) Supports retention of the military commissary system.

Res. 492 (Committee) Details Legion position on the current military retirement system, and expresses support for a strong retirement system for the military.

Res. 98 (MT) Supports a strong U.S. Naval Reserve and U.S. Marine Corps.

Res. 283 (VA) Calls for recognition of the accomplishments of the Coast Guard and funding necessary to allow the Coast Guard to refurbish its vessels, aircraft and physical plants and strengthen its Reserve.

Res. 374 (WA) Recommends procurement of three new P-3C aircraft for the Naval Reserve in FY 84, with additional procurement in FY 85 and FY 86.

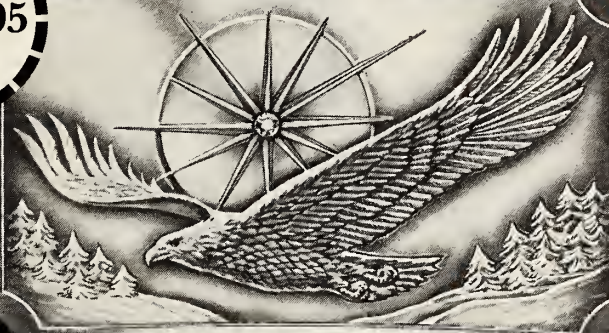
Foreign Relations

Robert P. Foster (MO), Chairman

Res. 273 (VA) Urges effective, equitable UN operations consistent with UN Charter; asks for elimination of espionage operations against the U.S. at the UN.

Continued . . .

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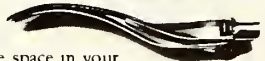
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Allen W. Shaw, Sr., (right) a WWI veteran, and his son, Allen, Jr., a retired Air Force major and test pilot (both of Post 129, Gauley Bridge, W.Va.), found The Doughboy statue outside the Veterans' Hall at the Seattle Center. Both were impressed with the detail of the statue of a returning soldier, noting the missing scabbard, a torn sleeve and hobnailed boots.

... Continued

Res. 309 (MD) Urges American people to support use of foreign aid as a legitimate, effective means of achieving national security objectives.

Res. 354 (CA) Supports Radio Liberty and Radio Free Europe.

Res. 481 (Committee) Seeks increased public awareness of the "successor generation" problem; calls for increased emphasis on Western concepts among teachers and leaders of NATO nations.

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Res. 482 (Committee) Calls for adoption of a long-range program to combat Communist propaganda and disinformation, and accurate dissemination of facts about life under Communism.

Res. 483 (Committee) Urges Congress to approve Project Democracy and provide adequate funding.

Res. 303 (MD) Supports U.S. government's policy of constructive engagement in South Africa; cites importance of South Africa to the Free World.

Res. 429 (TX) Calls for U.S. to use its good offices to resolve the controversy between Zimbabwe and South Africa.

Res. 182 (OH) Supports government's efforts to resolve the POW/MIA issue.

Res. 270 (VA) Encourages government to take advantage of its inherently superior bargaining position in relation to mainland China.

Res. 305 (MD) Urges government to encourage Japan to contribute its fair share to its own defense and to develop equitable trading practices between Japan and the U.S.

Res. 339 (AK) Reaffirms Legion's complete support for full and complete restoration of diplomatic and military relations with the Republic of China.

Res. 338 (AK) Reaffirms Legion's support of sale to Taiwan of modern defensive weapons in sufficient quantities to enable Taiwan to maintain its self-defense capability.

Res. 340 (AK) Reaffirms Legion's support of U.S. commitments to the Republic of Korea.

Res. 341 (AK) Reaffirms Legion's support of sale of state of the art defensive military arms and equipment to the Republic of Korea.

Res. 262 (VA) Urges government to develop adequate military and intelligence capabilities to accomplish its objectives in the Caribbean Basin; supports increased educational exchanges between U.S. and Caribbean Basin nations.

Res. 263 (VA) Calls for continued economic sanctions against Cuba; continued control of Guantanamo Bay Naval Base; continued overflights; opposes exportation of Cuban revolution.

Res. 265 (VA) Encourages development of a free, democratic and more prosperous Honduras.

Res. 269 (VA) Condemns the police state measures taken in Surinam; opposes Communism of Surinam.

Res. 266 (VA) Calls for U.S. to provide necessary economic aid to help Costa Rica regain economic prosperity; calls for security assistance to Costa Rica.

Res. 267 (VA) Calls for government to continue trying to influence the Guatemalan government to evolve toward a democratic orientation; asks for increased economic aid and military aid and training.

Res. 308 (MD) Urges government to provide adequate economic aid to El Salvador and to furnish increased military training and equipment as necessary to defeat the guerrillas.

Res. 334 (NY) Urges Congress to approve Radio Marti; asks Congress to take all other appropriate measures to stop interference by the Castro regime with U.S. domestic radio programming.

Res. 400 (Mexico) Asks for equal or greater consideration for Mexico as compared to other nations supplying the same products; seeks development of a common approach to Central America.

Res. 413 (TX) Seeks to continue a harmonious relationship with Brazil; seeks extension of economic aid and military hardware and equipment as needed.

Res. 416 (TX) Urges the U.S. to take whatever steps necessary to halt aggression and Communist incursion into the Caribbean Basin and Latin America, be they economic, diplomatic or—as a last resort—military in nature.

Res. 420 (TX) Opposes the Marxist/Leninist type government being imposed on the people of Nicaragua; states Legion's position on Nicaragua.

Res. 421 (TX) Calls for free elections in Panama; calls for cooperative agreements allowing the U.S. to operate and maintain certain military facilities in Panama.

Res. 271 (VA) Calls for the U.S. to adopt a comprehensive policy in the Middle East; outlines objectives of such a policy.

Res. 424 (TX) Strongly supports every effort by the U.S. to accomplish withdrawal of all foreign forces from Lebanon.

Res. 425 (TX) States Legion policy on Libya; calls for the government to continue to control the export of sensitive or strategic items to Libya.

Res. 272 (VA) Supports government's decision not to sign the Law of the Sea Treaty; calls for unilateral or multilateral arrangements to provide U.S. companies participation in deep seabed mining under conditions of free enterprise.

Res. 427 (TX) Calls for U.S. to promote Spain's integration into NATO; asks for U.S. assistance to Spain to modernize its armed forces.

Res. 274 (VA) Calls for improvement of U.S. conventional forces committed to NATO; asks member nations to improve their conventional forces committed to NATO.

Res. 494 (Committee) States Legion's policy on Nuclear Arms Control.

For a copy of the complete text of any of the aforementioned Resolutions, write to: Archives, P.O. Box 1055, Indianapolis, Ind. 46206.

THE AMERICAN LEGION/OCTOBER 1983

Damp, bone-chilling fogs, icy rain and snow, fierce winds roaring in off of stormy seas.

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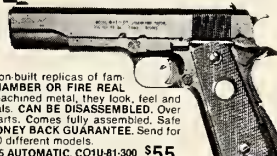
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Dreams

(Continued from page 19)

his serious demeanor and conservative ways, was considered a Rock of Gibraltar by all his associates. He'd worked hard for this reputation—both professionally and personally—so through the years he'd constantly repressed the casual side of himself. In a frequent dream, however, the superintendent was often approached by a light-hearted drifter, an underdog who taunted him and dared him to be free and wild. After talking to a dream specialist, this dreamer ultimately learned that the drifter was a part of him, a symbol that was crying out to be expressed in his daily life. Gradually he accepted this part of himself and let this side of his personality show in his working and community relationships.

"Dreams provide symbols that stimulate imagination and advance consciousness," said Daddio, "and anything that stimulates imagination can be used as creative energy. Let's say you have a dream in which the color blue appears.

"If you're in an office with 10 people, seek out people wearing blue and talk to them. While you're talking to someone dressed in blue that person may say something that stimulates your thinking. All kinds of thoughts can go through your consciousness if you pay attention to them because—when you intentionally focus the blue of the dream on the blue of the worker—you're in the middle of the two."

While everyone doesn't dream about people dressed in blue, there are some dream subjects which seem universal. Ever dream of missing a plane? Not arriving for an appointment on time? Being unprepared when called on to speak? Feeling paralyzed and unable to move? Falling into a deep, dark pit? Or flying freely through the air?

All of these dreams are common, and dream interpreters say that anxiety and frustration prompt dreams about being unprepared, missing important events, or not being able to get somewhere. They may be telling you you're an achievement oriented person who's uptight about being left behind. The paralysis symbol can be saying you feel trapped and unable to make progress in your work.

When you have a dream about falling, you may be experiencing a helplessness about a daytime concern—possibly a fear that you'll be doomed if you take a wrong step. There are several theories on flying. The Austrian

psychiatrist Alfred Adler thought flying dreams expressed a will to dominate and be superior to others, while Carl Jung believed they were symbols representing a person's desire to break free of restrictions or a problem.

Other common dreams include being chased by someone who wants to harm you; getting caught naked (or inadequately dressed) in a public place; making endless phone calls and never getting through; struggling against drowning; trying to escape an attacker; being back in school and not ready for a test, and seeing family members who have died. Often the latter dream occurs because family and friends stand for certain things, and what they stood for doesn't stop when they leave this life.

Sometimes we have repetitive dreams that continue until a solution is found or a conflict is resolved. Usually these dreams focus on an area of our life that's bogged down by old aspirations, attitudes or problems. But the experts stress that when our unconscious finally gets through to us and we solve the problem or conflict, we'll stop rerunning the recurring dream.

In one situation, an insurance agent who split with a partner after disagreeing about management procedures had a recurring dream for years in which he and the partner feuded. But each dream had the same ending, and in that ending the ex-partner conceded, "Both of us are being silly. Let's forget our past disagreements and start being friends again." When the dreamer took a cue from the dream and made the first move toward amends himself, the dream stopped and the relationship improved.

In discussing recurring dreams, Daddio goes on to say that sometimes a recurring dream can reinforce what you already are when you start questioning what you're about. "Say you have a recurring dream about the days when you considered yourself an idealist," he notes. "If you listen to the message of the dream and say 'I am an idealist and I won't let myself get caloused,' that kind of recurring dream can be a reinforcement for maintaining high standards."

Throughout the country many laboratory studies are being conducted on dreams and, as researchers monitor dreams in labs, they are beginning to view dreams as a type of therapy in

which the dream can be the therapist. They also feel that there are ways in which we can control our dream life and make our dreams self-directed as well as self-directing. As Dr. Delaney puts it: "We are the producers, writers, directors and stars of our dreams."

In their specially setup labs, researchers are proving that everyone has dreams and that dreams are essential to our well-being. They've also found that when we have a dream our eyes move around under the lids in what they call Rapid Eye Movement (REM). With this as a guide, they are electronically monitoring volunteer subjects and awakening the subjects during REM sleep so the subjects can be questioned about their dreams.

As part of a study by Dr. Rosalind D. Cartwright of Rush-Presbyterian-St. Luke's Medical Center in Chicago, subjects are told to buzz whenever they have a bad dream—an instruction that, miraculously, they follow in their sleep. When they're awakened, Dr. Cartwright asks them about the dream. Then the following morning she explores the dream further and helps the dreamer devise a positive ending to the dream. This dream control, in its own way, is similar to the aforementioned Senoi tribe's approach. According to this research, this rewriting of an assertive new ending occurs often enough to automatically incorporate the positive ending into a person's dream life. Simultaneously, it bolsters the dreamers' competence in their waking life.

Another researcher, Dr. Stephen La Berge of Stanford University Medical School, has also worked with dream control. Similarly, he is thoroughly convinced that dreamers can learn to take an active hand in bringing a dream to a satisfactory conclusion.

After teaching himself how to control his dreams, Dr. La Berge now places great importance on the need to verbalize the intention of controlling dreaming before falling asleep at night. As a result of his studies, he states to himself, "Next time I'm dreaming I want to remember I'm dreaming." Then he envisions himself lying in bed dreaming, knowing that, at the same time he sees himself as part of a dream, he is in actuality having a dream. However, by remaining aware of himself while he dreams, he can ask a dream character for advice, "confront and conquer," create the

Continued . . .

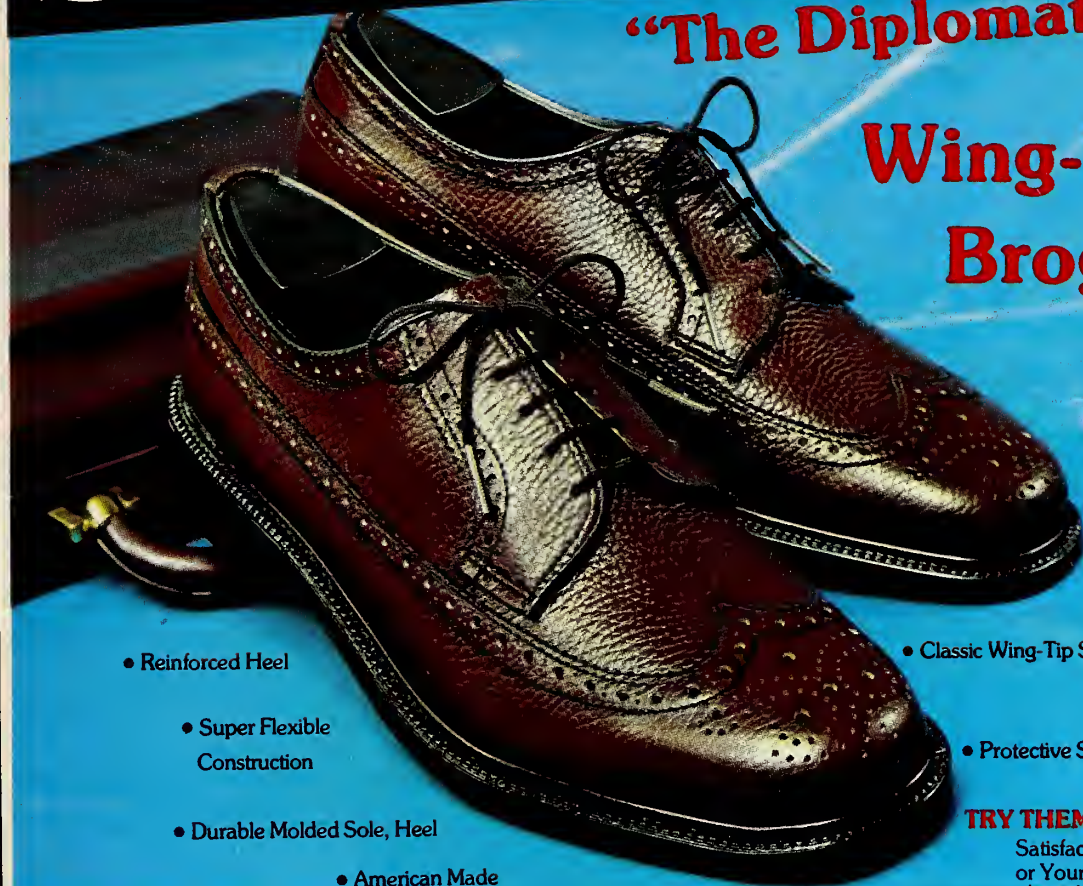
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... Continued

dream ending of his choice and translate his dream experiences into his day-by-day living.

In dream circles this kind of dream—a dream in which dreamers can reason clearly, remember freely and act volitionally upon reflection, all the while continuing to dream vividly—is called a lucid dream. It's the ultimate in dream control—La Berge considers it a beneficial and learnable skill.

It's a skill that takes time and practice, though, so many dream specialists advise dreamers who don't feel up to lucid dreaming to try to work through their dreams during their waking hours on the following day. Ask what the dream is telling you and try to understand it. Then follow the lead of the dream specialists and think in terms of an ending that is pleasing.

Dreams Work For You

There's still much research to be done in the fascinating world of dreams. But even without the benefit of being a research subject in an electronically monitored lab, we can all make our dreams more self-directed and self-directing by understanding their many aspects—and, then, by translating our dream experiences into our daily lives so that our dreams can work for us in beneficial ways. Here are suggestions from dream experts that you can try out on your own.

1. Keep a notebook or tape recorder at your bedside at all times. Just before retiring write a brief summary of what happened during the day. Add a few short statements about the thoughts and feelings on your mind.

2. Before going to sleep tell yourself that you will remember your dreams. This is what researchers call dream recall, and it's a habit you can acquire. If you awaken from a dream during the night, record what you remember, even if it's only a fragment.

3. Ask your dreams to send you a message. This is known as dream incubation and it's a way of controlling your dreams so they'll influence your daytime hours. Dream specialists advocate concentrating on the problems, people and issues that trouble you just before falling asleep.

4. When you awaken, replay in your mind any dreams you recall. Do this with your eyes closed and—if possible—do it on a morning when you awaken naturally rather than by the alarm clock. After you replay the

dream mentally you may note a pattern of persons, actions and symbols. This can give you vital clues to what's going on inside your mind.

5. Continue to re-experience your dreams during the day. Think through the emotions and moods of the dreams and attempt to connect them to your waking life. If they're frequently puzzling or bad, try to determine the cause. Sometimes dreams will answer your questions in such a literal form they'll need no interpretation.

6. While interpreting your dreams, remember to put yourself in the place of the symbols and people. Since all of them are part of you, get inside of them and feel their concerns. Like the school superintendent who dreamed of the drifter, you will gradually see sides of yourself that are struggling against each other.

7. Meet with other people to discuss your dreams. A community counseling or mental health service can usually provide information on where to find a dream group.

8. Whether you interpret your dreams on your own—or in a group—take what you learn from each dream and put it to immediate use in your waking life. For example, if you see yourself as too passive in your dream world, be more assertive during the day.

9. As you work through even the most disturbing dreams, force yourself to be like the Senoi Indians and come up with a positive ending that will benefit you. As dream researchers point out, rewriting a dream so it concludes with an ending that would work for you upgrades your self-confidence and performance while you are awake and often becomes part of your dream life, too.

10. Persevere. It's not always easy to recognize the messages of dreams, but, even though it may take a while, progress increases with practice. "Sometimes you know what a dream is saying the very next day," summarizes Ms. Wolter. "Generally, though, the answer must be deciphered, so the process requires commitment and patience. However, there's nothing more satisfying than searching out a dream's meaning, understanding the essence of that dream and discovering a new awareness that can change our attitudes about ourselves and others—and improve our personal and professional relationship during our waking lives."

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Books

Electronic Life, How To Think About Computers, By Michael Crichton. ALFRED A. KNOPF, PUB., \$13.95. Doctor/scientist turned writer (and filmmaker), Crichton makes excellent use of his own four-year experimentation with a personal computer as the basis for the clear and encouraging advice set forth here.

Pointing out most of the pitfalls we may encounter, and nearly all of the computer worries we can forget about, he convinces readers that a computer will be just one more electronic marvel we will at first accept, then expect and finally think we can't do without. It is his upbeat approach to this new technology that is invading our lives and upsetting our personal status quo that makes Crichton's short primer about computer use without fear such a worthwhile reading experience.

Never Sniff A Gift Fish, By Patrick F. McManus. HOLT, RINEHART AND WINSTON, PUB., \$13.95. If laughter is the best medicine, or at least the next best to a hunting, fishing or camping trip, then settle back and join McManus in his myriad madcap adventures. He'll tell you what's the *most* exciting thing about both hunting and fishing, clue you in on how to enhance your reputation as a great outdoorsman and introduce you to such memorable companions as Fenton Quagmire, Rancid Crabtree and Retch Sweeney. It's the sporting life in the fast lane, slow lane and down memory lane all rolled into one package; for as McManus makes clear, when reality falters, there's always Kelly's Bar & Grill for sitting around of an evening "stretching and varnishing a few truths about . . . the Great Outdoors."

Red & White: Indian Views of the White Man, 1492-1982, By Annette Rosenstiel. UNIVERSE BOOKS, PUB., \$14.95. The story of the Red man in the New World is a tragedy, for it is about slow but steady genocide, a history of "centuries of conflict, misunderstanding, and emotional pain." It is also a tale of ingenuity, of Indians attempting to survive and retain their customs in an atmosphere they could resist but not control.

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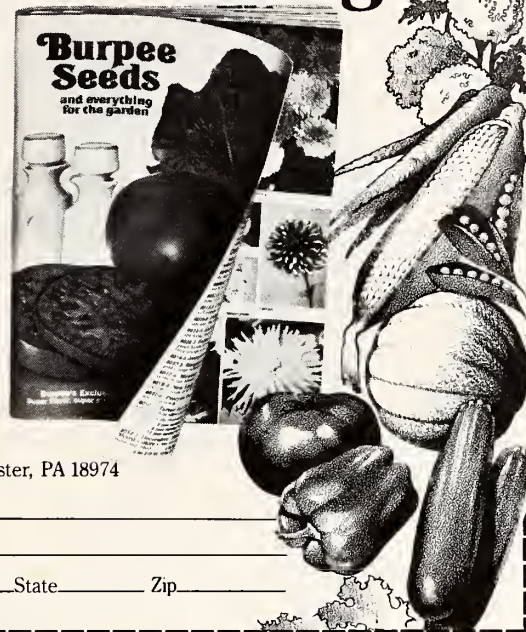
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Retirement

(Continued from page 13)

a month. That would be a joke if it were not a tragedy."

After finances, the thing that would-be retirees fret about most is their health. Unfortunately, there are no impenetrable defenses against the caprices of disease. Whether it will strike, and in what form, is unpredictable and no amount of worry can alter that. But the authorities point out that physical fitness is quite another matter and that here the individual is master of his own fate. So don't wallow in futile worry about matters that are out of your hands, they urge; instead concentrate on things under your control that determine your degree of fitness: exercise, diet, drinking, smoking. They concede there is nothing in this not already understood by all except the dullest among us, but they also point out that far too many of us do far too little to exploit our potential for enjoying good health in retirement.

But fiscal and physical aspects, vital though they are, are only part of the process of positioning oneself for successful, rewarding retirement. One must also become conditioned to coping with the psychological realities of the change in one's status. "Society can be unwittingly harsh, stripping the retiree of his identity," Bell says. "He is no longer the architect; she is no longer the office manager. Instead, both of them become 'used to be's'—'used to be an architect' and 'used to be an office manager.' Even worse is to become labeled simply as 'that old man/woman up the block.' This rapid descent into anonymity can be terrible and devastating."

Bell recommends two ways to combat the effects of "used to beism." The first is to recognize that it is bound to happen so that when it does appear its impact is blunted somewhat. The second and more important is to establish a new and self-fulfilling identity, ideally one that also permits you to enjoy whatever benefits of retirement are important to you. It might be by embarking on the second career you always yearned for but never had the time to pursue. It might be by starting a business venture or by accepting part-time employment; or by returning to the campus as a student. Or it might be as a volunteer in a field suited to your talents and temperament: teacher's aide, Red Cross worker, Big Brother or Big Sister or any other of the scores of options available.

"There is another highly significant purpose in this besides reasserting one's identity," Bell asserts. "Most people have a deep psychological need for purpose in their daily lives, for meaningful activity and for some sort of ordered structure. One of the paradoxes of retirement is that if it is void of all goals, responsibilities and challenges it can, by its very emptiness, become an intolerable burden." He illustrates his point by citing the case of a retired faculty colleague who moped about morosely and purposelessly because he could not come to grips with all of the unaccustomed free time on his hands. His wife, driven to distraction, could contain herself no longer. In a voice that foreclosed any possibility of argument, she said, "You always planned to write a



Why do we always rob the rich? Because the poor don't have any money."

THE AMERICAN LEGION MAGAZINE

book someday. This is someday. Sit down and write the damned thing!" He did. Now happily immersed in his new role as an author, he is midway through completing his fourth book.

"That's one of the things many retirees are surprised to discover—they don't know what to do with their time, never realized they'd need something to replace at least a part of what used to be their workday," Fichtner says. "For the first few months, maybe the first year, you are happily occupied with all the things you always hoped to have the time to do. But then the

day comes when that dream trip is behind you, all the books waiting to be read have been read, and your freezer is filled with so many fish that your wife groans when you reach for your rod. It is then that the retiree gets the full impact of all the time he has on his hands and he may have great difficulty in adjusting to it. The young who will be retiring many years down the road will be in better shape to handle that time because they are a more leisure-oriented generation, but that is not true of those who are now on the eve of retirement. Lacking deep interests beyond the job being left can easily sink an individual into an acute depression that will require professional counseling to overcome. A number of large, progressive companies, recognizing this hazard, have adopted a program of 'phased retirement' to cope with it."

Phased retirement is the best of both worlds, enabling those eligible for retirement to eat their cake and have it too. It does so by providing them the opportunity to continue working but to do it over a shorter day, a shorter week, a shorter month or even a shorter year—whatever they and management agree upon. For the employee it means he has the chance to test the waters gradually and to make adjustments, the chance to avoid becoming a "used to be," while at the same time enjoying many of the freedoms and flexibilities of retirement. For management it means the availability of motivated, experienced "bench strength" to send to bat during peak periods and for vacationing personnel. More and more companies, as they become aware of all of the benefits of phased retirement, are introducing it into their operations.

One of the enthusiasts of phased retirement as an attractive transitional device into Brickfield's third age is Dr. Bell. "Everyone, whether or not working for a company that offers phasing, can adopt it on a do-it-yourself basis. All it requires is to take brief, trial retirements by staying home instead of heading out of town on vacations during the two years or so prior to actual retirement. When the home switches from after work living space to full time, all purpose space it takes on a different character. And when husband and wife no longer have a workday intermission in their companionship, the constancy of association

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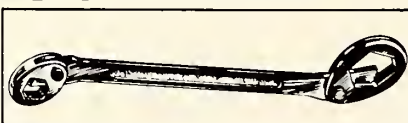
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... Continued

can reveal unanticipated irritants. Vacations spent at home as trial retirements let the potential problems bubble to the surface. In this way there is time to make the necessary adjustments and to adopt sensible precautions so that when actual retirement begins, problems are eliminated or, at least, diminished."

A warning flag all of the experts hoist is to guard against impulsive decisions, against burning bridges behind you as you yield to daydreams of a delightful, new life in a delightful, new place. In the real world there are no Fantasy Islands.

"Don't sell that house in Omaha, load all your possessions in a van, and take off for the Sun Belt, the mountains or wherever, just because the brochures succeeded in making it sound so enticing," Bell warns. "The plain fact is that few people find satisfaction in a lifestyle or an atmosphere that is foreign to all of their experience. Retirement is change enough without intensifying it by denying yourself everything that is familiar and comforting—friends, surroundings, manner and pace of living, and even such mundane things as where to shop, which plumber is dependable, and who makes the best chocolate fudge sundae in town. At the very least, hold on to that house in Omaha while giving the new lifestyle a trial run to probe it for shortcomings."

Fichtner echoes the advice to move slowly and deliberately in making any relocation decision. "Many people are convinced they will be deliriously happy in a particular place because they always found it such an enjoyable vacation spot. So they pull up stakes and move there and then discover that it was a terrible mistake. What was so terrific on a temporary basis—in season when the place is at its best and when pocketbooks are primed for vacation splurging—looks quite different out of season; conditions that were acceptable to transients are much less so to permanent residents."

When all is said and done, what retirement seems to come down to can perhaps be summed up best by the words of Charles Dickens in his *A Tale of Two Cities*: "... it was the spring of hope, it was the winter of despair." With planning, foresight and informed decision making—bolstered by just a little bit of luck—each retiree can find his own "spring of hope."

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Where to Find Out More

There are a multitude of resources available to explain the fine points of the entire retirement process and to offer guidance in how to fashion a strategy appropriate to your needs and wishes. To start with, no aspect of the subject has been neglected by the authors of books and pamphlets, so the first place to visit is the public library and, if employed by a reasonably large company, the firm's personnel office. Also, don't overlook the biggest bookshelf of them all, the one maintained by Uncle Sam. The initial move is to request a free list of titles from Consumer Information Center, Dept. DD, Pueblo, Colo. 81009. Especially recommended among the many titles devoted to retirement matters are #671J, *Your Retirement: A Financial Planning Guide* and #532J, *Know Your Pension Plan*, both of which are free, and #173J, *You, the Law and Retirement*, which costs \$1.50.

Another government publication of interest is *Fitness Challenge of the Later Years*, available from U.S. Government Printing Office, Washington, D.C. 20402. It is listed as #017-062-00009-3 and costs 75 cents.

Another excellent source of help is your local college, which may offer courses and seminars designed to explore and explain various areas of retirement, and provide counseling. In addition, anyone wishing to plan a sound strategy for future retirement should check into the assistance available from the American Association of Retired Persons' AIM—Action for Independent Maturity. Focusing on pre-retirement planning for those in their middle years, AIM publishes a series of guidebooks that are solid, well researched, concise and eminently useful. Although headquartered in Washington, D.C., AIM makes expert advice possible to almost everyone through a network of trained, volunteer consultants supported through four regional offices. Details on services offered and membership formalities may be obtained by writing Action for Independent Maturity, AARP, 1909 K Street, N.W., Washington, D.C. 20049.

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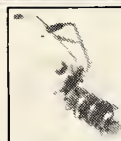
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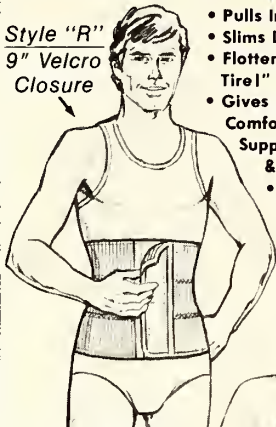
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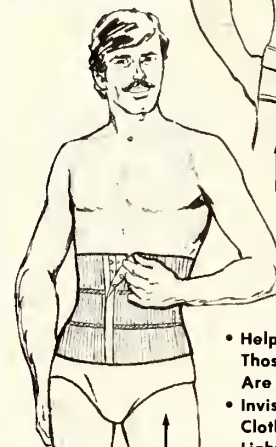


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Norway

(Continued from page 15)

scene:

• Imagine yourself living next door to a huge, irascible neighbor who rants and raves every time you wander out into your backyard with a hedge clipper in your hands.

• Or who hurls threats at you over the fence if he sees you sharpening a knife, even if it's only to peel some potatoes.

• Or who goes into a fit of hysterics if you dare to have that big, friendly neighbor down the street in for a chat.

Well, you might say, no neighbor could be *that* paranoid. Sad to say, though, Norway has found that one such does exist, and accommodating his whims has been a key part of Norwegian foreign policy ever since the long night of German occupation ended with the Allies' victory in 1945.

Thus, even though Norway, along with Denmark, became a member of NATO in 1949, it did so on the basis that no foreign troops would be based on its soil in peacetime. This self-imposed restriction aimed at mollifying Moscow was expanded in 1957 when both Scandinavian nations decided to ban atomic weapons within their borders.

It is these two policy points that the Soviet Union has sought to expand ever since—continually lecturing the Norwegians and Danes on what they are and are not "permitted" to do in the realm of defense, even while Russia does whatever it wants. The objective of this special brand of Soviet diplomacy by intimidation, according to one noted foreign policy analyst on the Scandinavian scene, is to use these unilateral concessions as stepping stones to still more concessions.

Fortunately, these heavy-handed Soviet tactics often do more to alienate than to attract the Norwegians, because these lineal descendants of Viking warriors don't take well to being pushed around. Even so, in this grim conflict of national wills, time takes its toll.

Recurring demands to make Scandinavia a nuclear-free zone are a standout example of time's eroding effect. When the U.S.S.R. apparently concluded it could not frighten Norway out of NATO, it proposed an agreement to keep nuclear weapons out of the Nordic bloc nations of Norway, Denmark, Sweden and Finland. This was gradually picked up as a "desirable" objective by the peace movement and others until it has now spread

throughout much of the population.

So what's wrong with that?

Norway's articulate conservative Prime Minister Kaare Willoch pins the tail on this Soviet donkey as "misleading and deceptive."

The fact is, he points out, that Scandinavia is *already* free of nuclear weapons (except for those brought into the area aboard prowling Soviet submarines). So the real issue is whether a pact should be drawn up with the U.S.S.R. to formalize this situation. History shows, however, Willoch adds, that pacts between big nations like the Soviet Union and small nations like Norway are too often used as excuses for Big to intervene in Small's affairs. Worse, such pacts have often been used to lure Small into letting down his guard, leading to direct over-the-border aggression by Big.

The fly in this Soviet strategy . . . is Norway.

Demands for a nuclear freeze get similar short shrift from Willoch. A freeze and, it is hoped, a reduction in destructive weapons is his goal no less than anyone else's. Nevertheless, he continues, NATO's goal must be *first* to achieve atomic balance with the U.S.S.R. and *then* to put a verifiable freeze or reduction into effect.

"A freeze now would only freeze the current imbalance and give the Soviets no reason whatever to cut back," the prime minister states.

His reference is to the Soviet's 350 intermediate-range missiles, each equipped with three atomic warheads, which are targeted onto NATO bases and West Europe's historic centers of massed populations. Despite this grisly fact, one meets countless educated people here who, astoundingly, put the Soviet Union and the United States into the same enemy-of-peace camp.

"It's a sad commentary on our times when people cannot or will not differentiate between friend and foe," declares Ambassador Austad.

A descendant of Norwegians (who speaks Norwegian), Austad has been barnstorming Norway's towns and villages "to remind people of the facts." One of the questions he frequently asks to get their attention:

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In contrast to Russia, how many nuclear missiles has the United States targeted against West Europe?

Austad contends that the peace movement here is "troublesome but largely superficial." Echoing others we talked with, he feels that the bulk of Norwegians, remembering how Hitler took advantage of their disarmed status by overrunning their nation in World War II, continues to support both NATO membership and a strong defense posture. Opinion polls back him up. Even so, a disturbing indicator of anti-American sentiment keeps surfacing.

One recent poll done for Oslo's independent and influential newspaper, *Aftenposten*, showed that while 43 percent of the people fear that the Soviet Union could start an atomic war, a surprising 36 percent felt the United States might also.

Norway's Labor Party, bucking a conservative voter trend that has whittled away its once-absolute majority and ended its long-term domination of government, recently shifted from supporting a "two track" approach to disarmament negotiations, to urging a halt to scheduled Cruise and Pershing missile deployments in Europe this winter. The party's leader, Gro Harlem Brundtland, also took the occasion to question President Reagan's good intentions regarding arms control bargaining, another recurring theme heard here.

"A cheap shot at America" is the label one noted editor here placed on this political ploy. An angered U.S. Embassy came to the president's defense, and follow-up polls indicate the Labor Party may have lost still more ground by this maneuver.

In a striking tribute to President Reagan and his strong defense stance toward the Soviet military state, this same editor, when asked if he had any doubts that the United States would come to Norway's aid in case of Soviet attack, replied: "Two years ago, yes. But not now. . . ."

Under the NATO agreement, an attack on any member nation is considered an attack on all, with all nations committed to respond in unison. And no one kids himself as to the predominant load borne by the United States in this respect. Indeed, as a French government spokesman told Norwegians on a recent visit here, the only reason that Europe has been spared

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... Continued

the ravages of war for 38 years is that Communist troublemakers fear U.S. nuclear retaliation.

Still, Soviet propagandists and their Western allies and dupes go on twisting the truth beyond recognition. America is continually depicted as the cause of international tension and the threat to peace. Doubts are spread at the same time about our willingness to come to the support of our friends in the event of war.

This point is of overriding concern in one of the two NATO partners with a common border with the Soviet Union (Turkey is the other). One of the nightmare scenarios military experts here paint is a possible Red army sweep across the lightly defended, 120-mile border in the far-north province of Finnmark. The objective would be not only to acquire the vital Norwegian coastline for Soviet sea and air bases, but also to push NATO forces farther from the Kola complex. This scenario could come about, it is argued, if Russia ever came to think it could get away with it.

"It is unthinkable that the United States would ever let this happen," flatly states Air Force Maj. Gen. Lawrence D. Garrison, the senior American military officer at the northern NATO base in Kolsaas, outside Oslo. "Not only would America's worldwide credibility be undermined by failure to respond, but such a Russian move would roll our northern flank all the way south to Britain and the Continent, and wreck the NATO defense system."

One hare-brained suggestion from a peace movement leader here played on this same chord. Our goal, he said, should not be to get Norway out of NATO but to get the U.S. out. One can only assume he knew that only an empty shell would be left and that nothing would please the Soviets more.

The Soviet threat to north Norway explains much about this country's often-frustrating policy of "insurance with reassurance" toward its big neighbor.

Insurance comes in a defense capability that military sources here rate as "fair to excellent"—though worries abound over inadequate supplies and outdated equipment. Reassurance comes in measures aimed at keeping NATO forces clear of the Soviet border.

• Thus, military exercises involving

American and other NATO forces avoid Finnmark, and no Western aircraft are allowed east of the 24th meridian—about 150 miles from the Soviet border.

• Bending to Soviet demands almost to the breaking point, Norway sometime back barred West German infantry units from NATO exercises here.

• Another telling restriction has been applied to the "prepositioning" of Western supplies for use in emergency. Stockpiling of heavy equipment for rapid use by air-landed units of an American Marine brigade was originally intended for sites in north Norway. Internal political disputes over this were finally resolved in 1980 with a decision to cache supplies in the Troendelag region of central Norway. The far north was to be taken care of by prestocking for additional Norwegian forces.

Soviet propagandists . . . go on twisting the truth.

Norway's armed forces are no match for those of the U.S.S.R., underscoring further the nation's dependence on NATO and the United States. After all, asks Gen. Garrison, how much can a country of 4.1 million do? The answer, according to the Norwegian military, is to make any attack as costly to the enemy as possible, and to make any attempted occupation into "another Afghanistan."

The army here is described as a mobilization force. Unlike the United States, Norway has universal military service, with liberal exemptions. Thus, two thirds of its current armed forces of some 43,000 are conscripts serving 12 to 15 months. Most of these later go into the reserves and Home Guard of over 300,000—a trained militia that penetrates every community and can be mobilized within a matter of hours. Along with "impossible weather and an impassable terrain," this forms the heart of the nation's defense, with capabilities comparable to the nationwide resistance to the German occupation during World War II.

Air force modernization has been getting the lion's share of the defense procurement budget, with much of this being spent for 72 new U.S. F-16 jets.

Continued . . .

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... Continued

The Norwegian navy, however, will shortly be getting a bigger slice of the budget pie—especially for attack submarines and anti-sub equipment. Soviet submarines are sighted so often, they are assumed to be constantly probing Norway's complex coastline. (Its 1,747-mile coast is so indented by fjords and studded by islands that actual shoreline stretches to some 13,000 miles.)

What are these submarines up to? And what about those haunting Sweden's Baltic coast?

Sub incidents have kicked off the area's biggest guessing game, with answers ranging from (1) the Soviets are using their growing military might to further intimidate the locals to (2) they're scouting out protected missile launching bases or sites for landing sabotage forces for a surprise assault on critical land installations.

One presumably unintended effect of the submarine incidents has been to shake up and alarm Norwegians, as well as neighboring Swedes, and strengthen their fighting spirit.

"The Russians couldn't do us a bigger favor than by surfacing a sub around here occasionally," is the way one defense official here puts it. "It's the perfect antidote to the poisons being spread by those who simply want to give up, lie down and let the Communists take over."

How deeply involved are the Soviets in the pacifist movement?

No clear answer can be obtained to this critical question, even though Moscow soundings indicate the Communists can barely conceal their glee over peace movement extremes. The Soviets appear smart enough to avoid open participation in demonstrations and other public activities.

"After all," as one American says, "with so many others carrying out their objectives, even though unconsciously in many cases, why should they show their hand?"

Norway thus reveals, as do few other lands, the paradoxical impact of the universal hunger to preserve peace and avoid an atomic holocaust. It was in Scandinavia that the desire for peace at any price led to the notorious slogan "Better Red than dead" taking deep root. But since being an admitted Red has lost its popularity before such recurring horrors as Hungary, Czechoslovakia, Afghanistan and Poland, this expression has now given way to

less obvious invitations to disaster.

The pacifist movement here appears to have become strong enough to limit Norwegian defense actions except in case of a flagrant Soviet affront to national honor. Norway is further hemmed in by the need to deal with Russia on such day-to-day matters as fishing and oil drilling rights in the frigid Barents Sea, sovereignty disputes, and mining claims on the remote Svalbard Islands.

Equally serious is what many here feel is a need to preserve the so-called Nordic balance. The theory in this regard is that any Norwegian move to harden the nation's cautious defense stand would precipitate harsh Soviet moves against Finland. Sweden likewise avoids compromising its non-aligned status despite intense anger over Soviet submarine forays inside its coastal waters.

How long can a country, awash in oil-enriched affluence and obviously enjoying the "good life," exert the will to continue walking its shaky foreign policy tightrope and channel adequate resources into maintaining a firm national security?

It's been said that a country's defense capability is the sum of its military might and its will to fight. To this must now be added its will to *endure*. If those Kremlin watchers are correct, who contend that Communist imperialism is playing for time on the assumption that Western peoples will eventually weaken before the onslaught of military intimidation and propaganda, only to eventually fall like ripe plums into Russia's lap, then the real fight to preserve human freedom will have to be won on this battleground—not only by the present generation but also by the next, and next.

One adverse trend for Norway is cited by Ambassador Austad in the passing on of the generation that remembers and acts on the memories of Nazi occupation horrors. And Norwegian-American solidarity is being subtly sapped by the gradual disappearance of close family ties between present-day Norwegians and the descendants of those who settled in America during the massive immigration of the late 1800s.

But the classic answer to the "how long" question came in a quiet conversation with an average Norwegian:

"About as long as you Americans can. . ."

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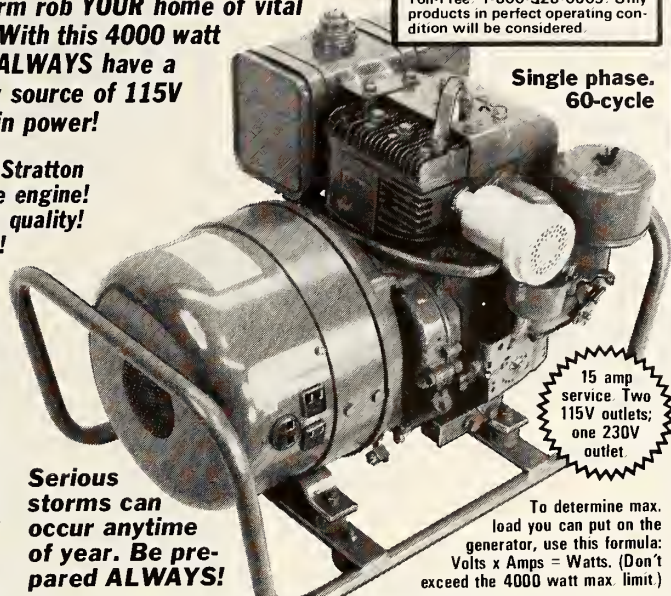
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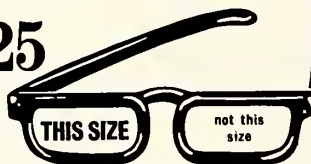
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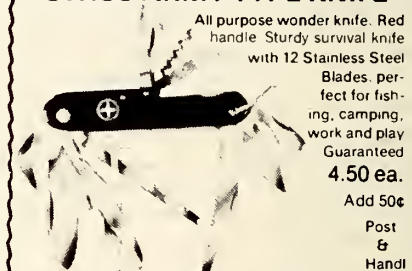
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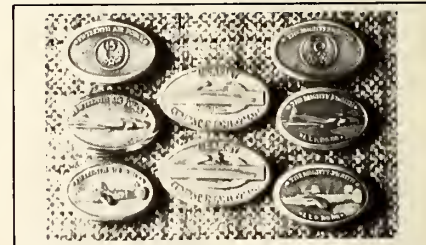
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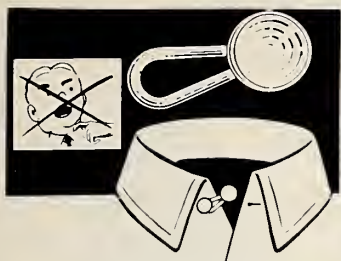
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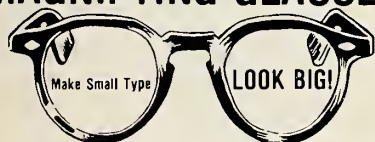
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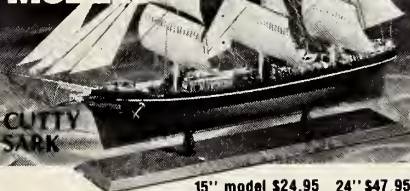
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Parting Shots



THE AMERICAN LEGION MAGAZINE

Undaunted

A bright young man entered the employment office of a large business concern to apply for a job he had seen advertised.

"But, young man," explained the manager, "you're much too late. We've already received over a thousand applications."

"Well," the young fellow said eagerly, "how about hiring me to classify the applications?"

—DEBBIE R. DAVOREN

All-Seeing Eye

"I don't believe I was speeding, officer," said the minister. "How did you time my speed? I don't see radar anywhere."

"You were spotted and timed by our helicopter patrol," replied the officer.

"Oh, that's all right then," said the minister. "I never question anything that comes from above."

—ALFRED C. COLLINS

The neighbor asked the little boy, "What do you want to be when you grow up?"

"When I grow up?" countered the boy, "I don't even know what I want to be for Halloween."

—GEORGE E. BERGMAN

Doubting Thomas

The couple was doing their best to enjoy their honeymoon, but the groom seemed troubled by something.

"It's your mother," he explained. "I don't think she expects our marriage to last."

"What makes you think so, darling?" asked the bride.

"For the past three days she's been parked out front with the motor running."

—MICHAEL RIES

A lady wrote to a company for information and said, "I don't want any advertising material—no salesman." Like most companies, they ignored the warning and sent a salesman.

When the salesman showed up, she said to him, "I told them in plain language, no salesman!"

"Ma'am," said the nervous young salesman, "I'm the nearest thing to a no-salesman they've got."

—JAMES R. NICHOLSON

Marriage is like a violin. After the beautiful music is over, the strings are still attached.

—JOAN SMITH

Automatic Out

Robots aren't perfect. One reportedly just lost its job for taking too many oil breaks.

—HUGH BURR

Mother: "Stop asking so many questions. Don't you know that curiosity killed the cat?"

Small daughter: "Is that so? What did the cat want to know?"

—MARGARET L. SHORE

Woman to newspaper photographer: "Those photos don't do me justice."

Photographer: "Madam, you don't want justice—you want mercy!"

—KENNETH E. HALL

Decline and Fall

Grandpa claims we're losing our self-reliance. "In my day," he says, "a hamburger didn't need a helper."

—EDWARD STEVENSON

Ode to Liquidity

'Tis the day before payday
And all through my jeans
I've hunted in vain for the ways
And the means.
Not a quarter is stirring,
Not even a bit.
The greenbacks have left me.
The pennies have quit.
Backward, rush backward,
Oh, Time in thy flight,
And make it tomorrow
Just for tonight.

—EDWARD D. FOWLER



"Mom! He woke up grouchy again!"

THE AMERICAN LEGION MAGAZINE

THE AMERICAN LEGION/OCTOBER 1983

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Look it over! See it On Approval, AT HOME, NO RISK! Yes! We are ready right now with a huge supply to stop winter cold. Why pay \$90 or \$100 for some lesser coat when \$29.95 will do the trick: \$29.95 for this true state-of-the-art cold weather protection!

HURRY! Don't let Old Man Winter push you around again this year. Push back this time, with Haband's famous **THREE LAYER COAT!** Use this easy order form below to tell us your choice of size and color, and we will have the coat delivered direct to your doorstep **FAST!**

**3 LAYER
COAT**

29⁹⁵

2 for \$59.00
All 3 for \$88.00



HABAND for MEN
265 North 9th Street,
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Yes Sir! Please send _____
3 Layer Coat(s) for which I enclose
my full remittance of \$ _____
plus \$2.10 for postage & handling.

OR CHARGE IT:

☐ Visa ☐ MasterCard

Acct. # _____

Exp. Date ____/____/____

GUARANTEE:

If upon receipt I do not wish to wear it, I may return the coat within 30 days for full refund of every penny I paid you.

70P-318

SIZES AVAILABLE

S	M	L
34-36	38-40	42-44
XL	XXL*	XXXL*
46-48	50-52	54-56

*Please add \$6 for XXL and XXXL.

COLOR	318	HOW MANY	WHAT SIZE
BLUE	B		
GREY	D		
BROWN	A		

☐ Check here for Matching Hat.
(841) and add \$5.95.

Circle Hat Size: S M L XL

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Street _____

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